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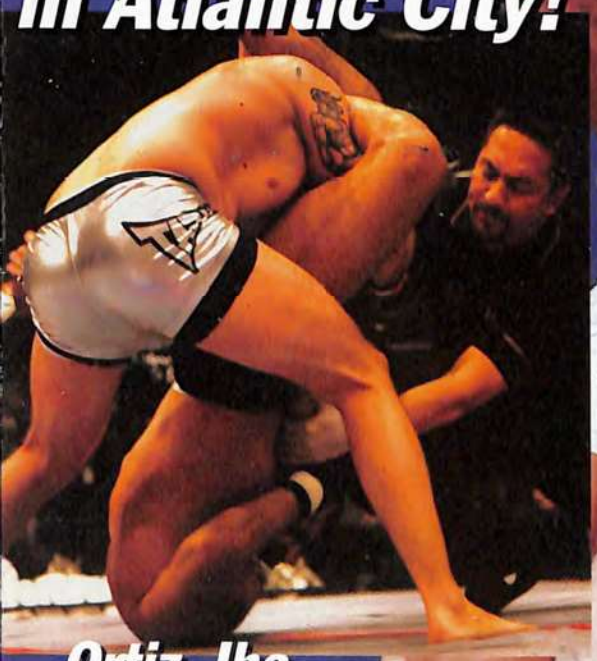

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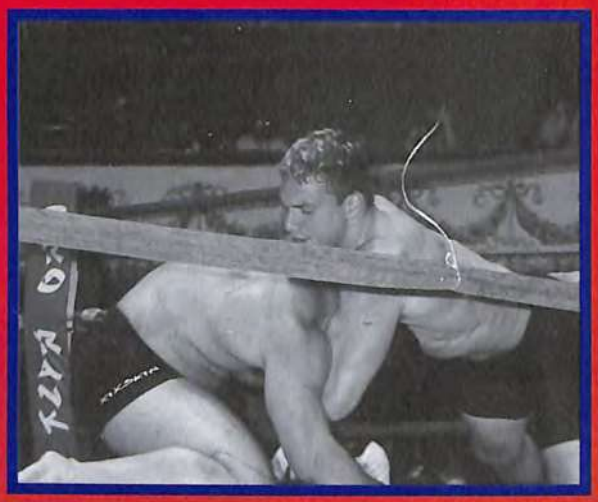

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COVER STORY

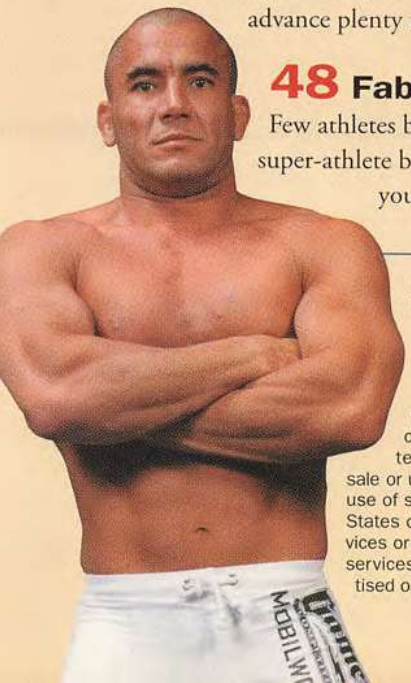
54 UFC 30 Explodes at the Taj Mahal in Atlantic City
If you thought the UFC was dead, think again. Revitalized by new owners Frank and Lorenzo Fertitta and new president Dana White, the show came up huge. Tito Ortiz, Fabiano Iha, Jens Pulver, and Pedro Rizzo posted big wins in the most exciting and impressive Ultimate in years. *by Todd Hester*

28 Pride 12 - Sakuraba Strikes Again
Headlined by Sakuraba's victory over Ryan Gracie, Pride 12 played to over 28,000 lucky Japanese fans who got to witnesses an epic battle between Mark Kerr and Igor Vovchanchin battle, another Ricco Rodriguez win, and a dominating performance by the pride of Texas, Heath Herring. *by Manami*

38 Jiu-Jitsu Takedowns From the Knees
L.A. Jiu-Jitsu instructor Wander Braga is a black belt who is an expert in traditional Brazilian submission methods - including knee takedowns which can be used during sparring at the end of class. *by Todd Hester*

44 Gladiator Challenge - Collision at Colusa
The Charlie Valencia-Dave Valasquez war headlined the sold-out Tedd Williams' slugfest, and gave the 2,000 fans who snapped up all the tickets nearly two weeks in advance plenty to cheer about. *by Todd Hester*

48 Fabiano Iha: The Brazilian King Midas
Few athletes become a national champion in even one sport. But when a super-athlete becomes a national champion in six sports, all before age 25, you'd have to say that he has a golden touch. *by Loren Franck*



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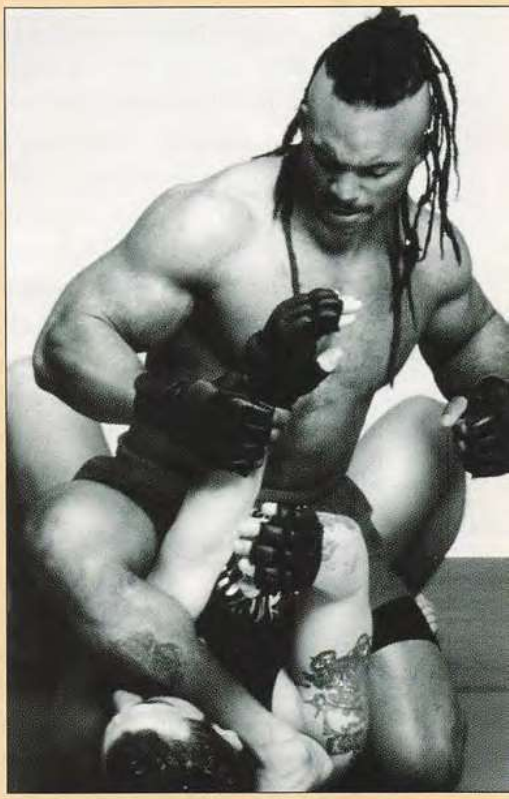


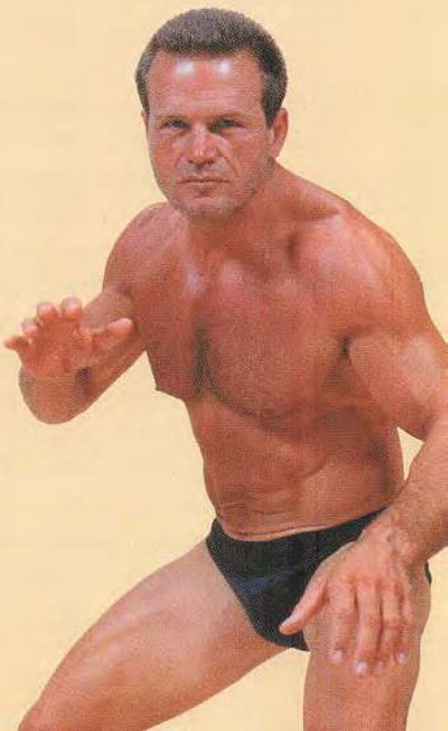
60 Takedowns From the Clinch
According to WVC Superfight champion Stefanos Miltsakaki, grapplers who hope to take down skilled and dangerous strikers have to be patient, smart, and ready to commit immediately when an opening arises. *by Todd Hester*

68 Jermaine Andre - Some Bash, Some Splash, and a Whole Lotta' Class
NHB and muay Thai fighter Jermaine Andre, out of St. Louis, Missouri, has used traditional martial arts values to mold his life in a positive direction and serve as an example to those around him. *by Todd Hester*

76 Rico Chiapparelli - Leader of Attack, Part I
One of the most acclaimed wrestlers of our time, RAW Team leader Rico Chiaparelli is a throwback to an earlier era who lives by the ancient Budo code of honor, loyalty, and respect. *by Bill Curry*

DEPARTMENTS

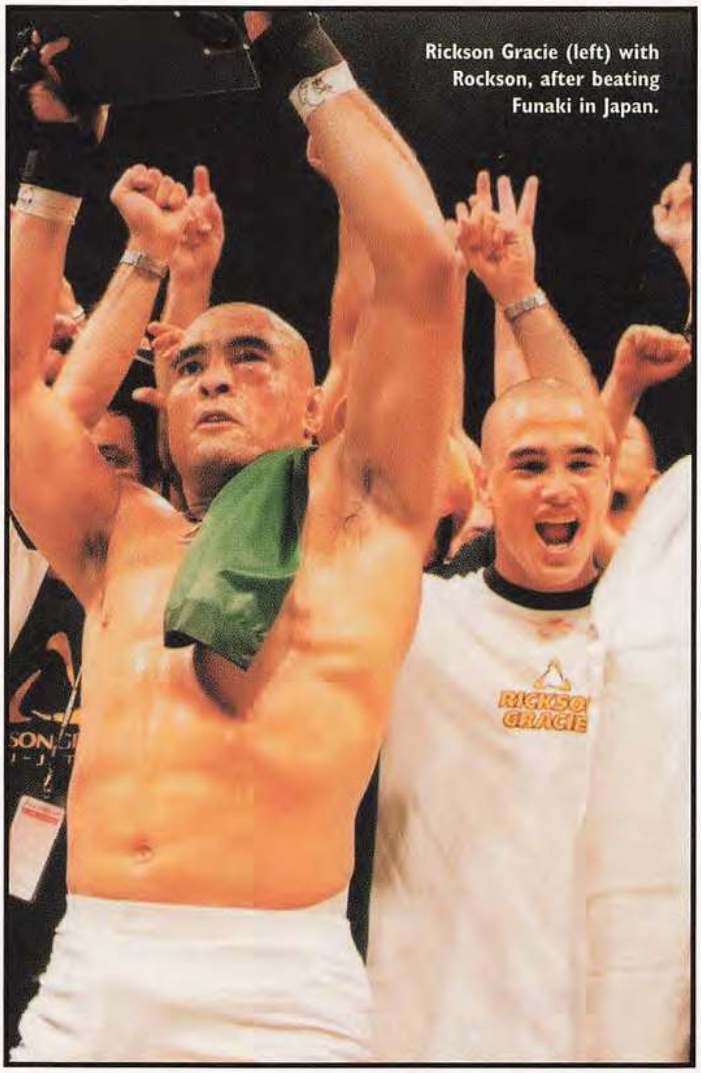
4 Editor's Note Todd Hester
8 Catch of the Day Matt Furey
10 Off the Record Jose Fraguas
12 Gi Whiz Royler Gracie
14 Great Escapes Francisco Bueno
16 Mat Time Kid Peligro
22 Drill Bits Erik Paulson
24 No-Holds-Barred Eddie Goldman



Editor's Note

BY TODD HESTER

Rockson Gracie



Rickson Gracie (left) with Rockson, after beating Funaki in Japan.

To those in the grappling community who haven't heard, Rickson Gracie recently lost his biggest fan, his number one supporter, and a big piece of himself with the tragic passing of his son Rockson, age 19, while in New York.

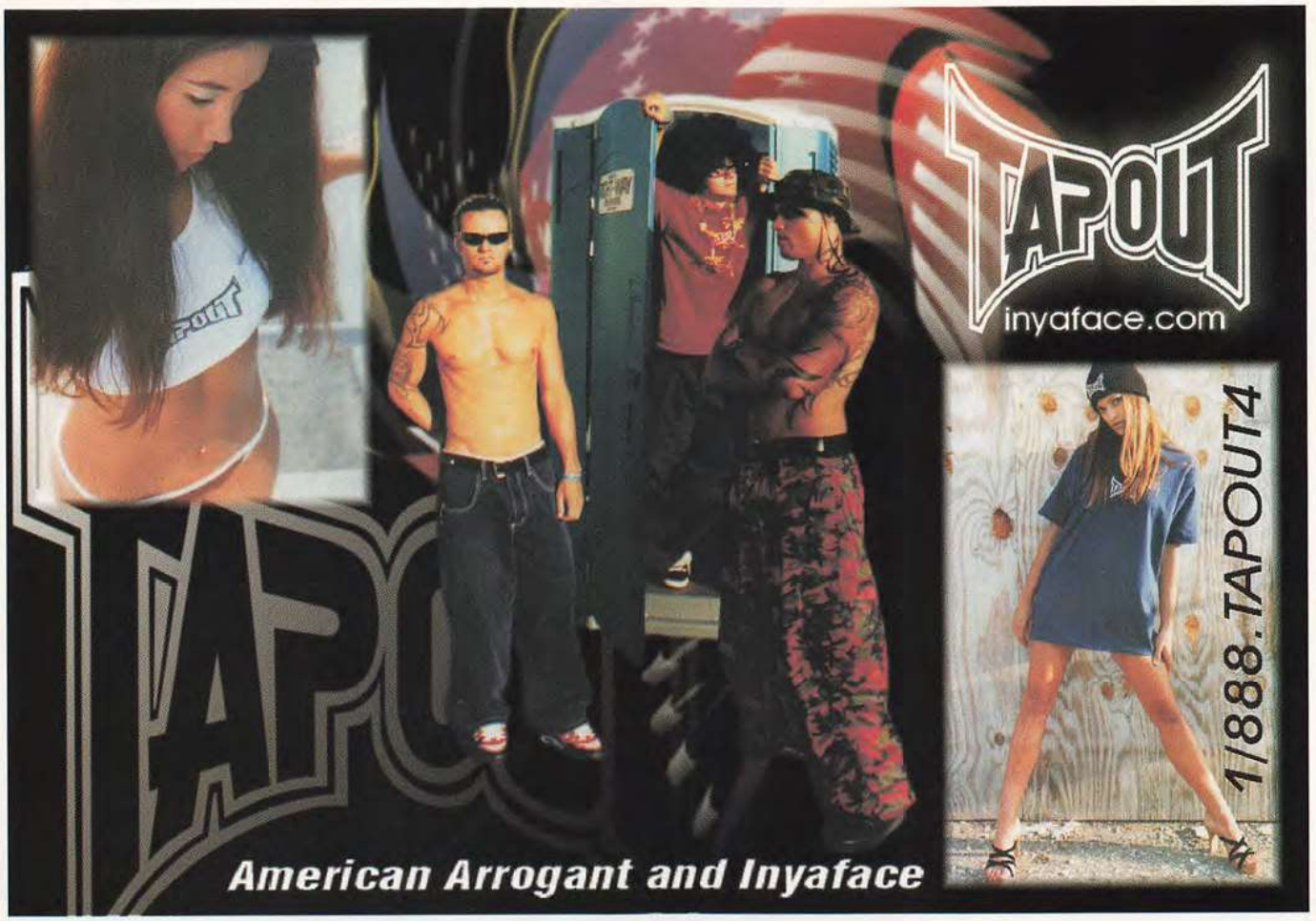
It is easy, especially when focused on a sport that is so emotional and controversial as MMA, where we constantly discuss win/loss records, respective opponents, and the relative merits of different fighting events, to lose perspective on what really matters. But it only takes a tragic event like this to remind us how interconnected we all are and how small our community really is.

I knew Rockson for more than a decade and watched him grow up. He was a funny, bright kid, who always had a humorous story to tell, a wild adventure to share, or some off-beat scheme he was working on. He was just a kid, and kids make mistakes, and there is no doubt that Rockson, like the rest of us, made his share. But the true Rockson was loyal, supportive, bright, and sensitive. He was tough, yeah, and good enough in jiu-jitsu to win the Pan Am Purple Belt Championships; but you always got the impression that there was more to him than met the eye, and that he would eventually transcend the Gracie name and take it to a higher level. This was evidenced by the modeling he was doing for Tommy Hilfigar and by the effect he had on those around him - once you met Rockson, you never forgot him.

Even though family members, especially Rickson and wife Kim, never pushed him to become a fighter or put any pressure on him to live up to the Gracie name, there is no doubt that he felt pressure from himself to follow in his father's footsteps. The 99.9 percent of us who don't come from a famous family and who don't have a famous father, can have no idea of the personal difficulties involved and of the internal struggles Rockson undoubtedly faced. Because of that it is impossible to put ourselves into his shoes. But as the first child of Rickson Gracie, *the* Rickson Gracie, Rockson tackled it head-on with passion and emotion - not backing down an inch - like he handled everything in life.

Those he loved the best, of course, will miss him the most: his immediate family, and his many "second fathers" such as his uncle Royler, cousin Renzo, and family friends Luis Heridia, Coyote, Carlos Valenta, Bo Hershberger, Jason Krikorian, David Kama, and others. But his memory will live on in all those fortunate to have shared even a small part of his all-too-short time on Earth. It will be impossible to remember Rockson without smiling and somehow feeling better.

In a family where exceeding the norm *is* the norm, Rockson was something special. A bright light that burned fiercely for a short time and then suddenly went out. I can't help but feel that God, looking down, decided that this planet wasn't big enough to hold the likes of Rockson Gracie, and took him out into the universe where he'd have a little more room to operate. When we see Rockson again, as I am 100 percent certain we will, I'm sure he'll have some more wild stories to share and some crazy schemes to drag us into - and, like always, we'll go. I can't help but wonder what Rockson is cooking up right now and have one bit of advice: "Watch out, Universe, here comes Rockson Gracie!"



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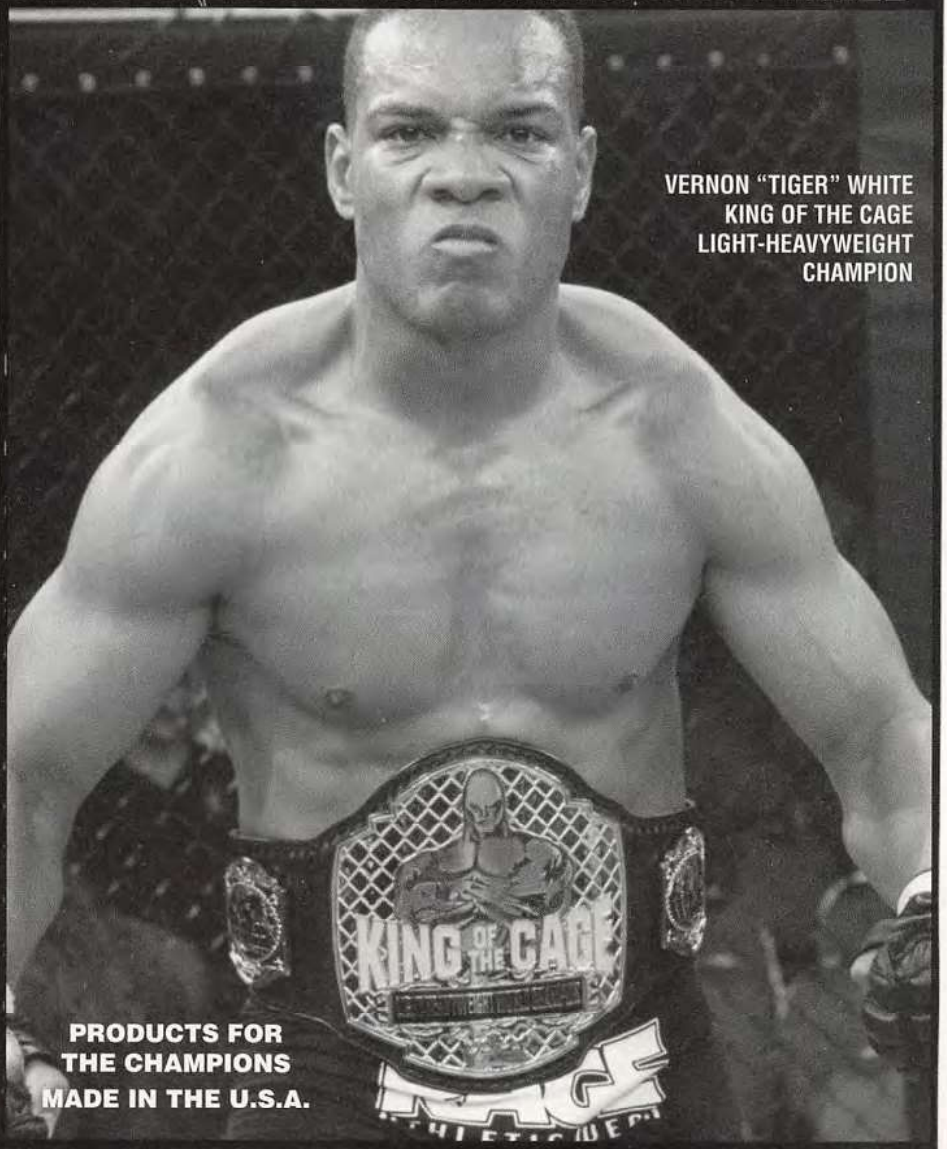

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Off the Record

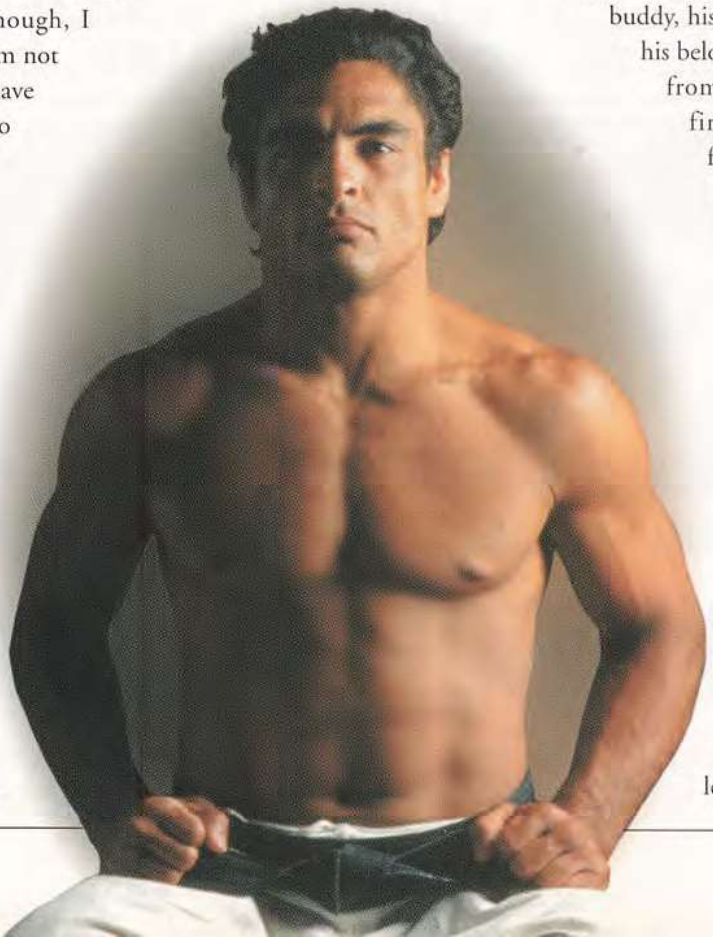
BY JOSE FRAGUAS

Rickson Gracie's Greatest Teacher

IT IS PROBABLY THE HARDEST BLOW a human being will receive. Children are not supposed to be buried by their parents. Nature dictates it occur the other way around. Dealing with the loss of a child is a challenge no one wants to face. Unfortunately, one of the best martial artists and fighters in the world recently had to step into that ring of tragedy. Rockson Gracie, the son of Rickson, lost his life February, 2001. He was only 19 years old.

On February, Saturday 17th, a devastated Rickson Gracie spoke at a memorial in Pacific Palisades in front of hundreds of people. A man admired as one of the best fighters in the world, needed a few seconds not only to breath deeply but also to hold back his tears. "I can feel the good energy of all of you here," Rickson said. "It's amazing. And when I cry, don't worry for me, those will be tears of joy and not of pain. Rockson has left his physical body and gone to a better place. He lived a life of joy. A good life. He enjoyed every day of his life doing what he wanted to do and spending time with the people he loved. I have no regrets about it. Of course, he left a little bit sooner than what I expected but we'll be together some day. Although, I have to tell you all that I'm not in a hurry to do that, I have a lot of things left to do and to share with my family here in this world."

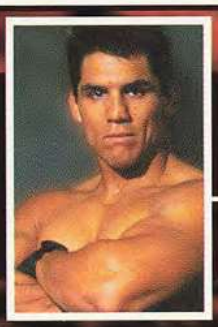
There are many ways of dealing with death and every one of us has to find best possible way. I always said that the toughest fight a person will face is not a huge opponent who overweighs you by 40 pounds and wants to chew you alive. The toughest opponent is the loss of a loved one.



After 30 years of meeting and knowing the best martial artists and fighters in the world, few things impress me anymore, and the things that do have nothing to do with fighting. They are how people lead their lives, raise their kids, and stay loyal to their friends. The toughest fights are the ones that you have with yourself, and Rickson Gracie's toughest fight is being fought outside the ring and taking place inside his heart. In the old Gracie tradition there will be no time limit for this fight, and Rickson will have to use more than his jiu-jitsu skills to defeat this opponent. Rickson Gracie has never been defeated in a ring but this is a different kind of fight - a fight for his very soul.

Yet after seeing Rickson speak at his son's memorial, I'm positive the result will be no different than the rest of his matches. He's going to win. He will certainly leave a big part of himself along the way, and the struggle will definitely take its toll, but he will raise his arms once more in victory. But there will be no celebration after this victory, because it was not a fight of his choosing. There will be no pictures in the magazines, and no limelight - just deep pain and joy. The pain will be from losing his surfing buddy, his confidant, his training partner, his beloved Rockson; the joy will come from the 19 years spent with his firstborn son. "I learned more from Rockson than I was ever able to teach him," Rickson said. "Because Rockson taught me what is was to be a father."

Rockson loved his father dearly, and no son has ever been prouder to bear a family name. Rockson once said that above all he wanted to be a fighter, but if he didn't have that chance, he wanted to be a teacher. What he didn't know was that he already *was* a teacher; one who taught his father one of life's greatest lessons - fatherhood.



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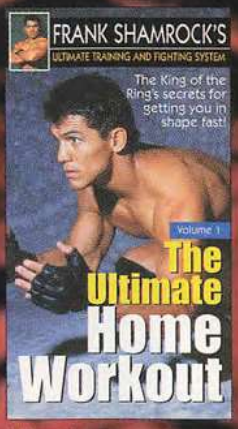
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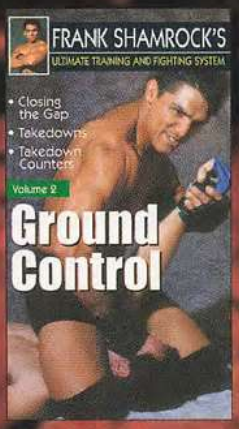

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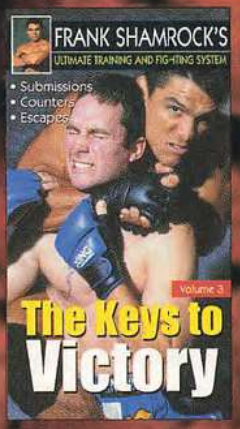

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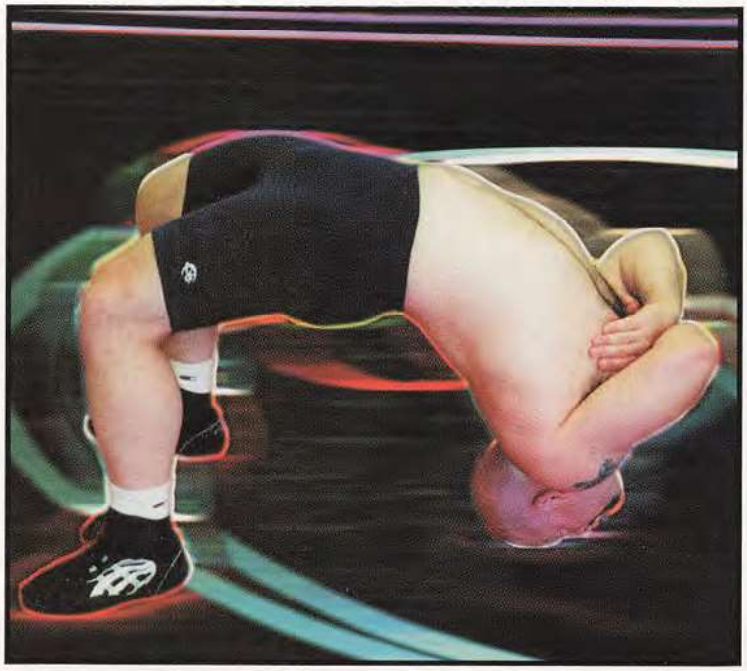
Catch of the Day

BY MATT FUREY

Bridging Chi Kung



The wrestler's bridge. When most people first try it, they experience a number of challenges. Not only are they upside down and going backwards, but from this position it is impossible for them to see what they are doing. Most people are also stiff in the lower back, upper back, and neck regions. Trying to bridge in the midst of this stiffness is similar to trying to do the splits. If you can't make it all the way down in the splits, you're afraid that trying to go further will cause injury.

But the spine and the muscles surrounding it are a lot more pliable and forgiving than the groin. Your spine was designed with maximum mobility in mind. Just think what you can do with a healthy spine. You can bend forward, backward and from side to side. You can twist and shake. You can put your feet behind your head in the plough position, you can put your chin on your knees from standing or sitting, you can even go into the latter position while doing flips and somersaults off diving platforms, trampolines or good old Mother Earth. In my estimation, there is an infinite reservoir of untapped potential residing in your body, and much of it can be harnessed by strengthening the neurological connections in your spine – which is, of course, part of your central nervous system.

"I have practiced different styles of chi kung and know about the microcosmic orbit. But compared to the energy you can gather when combining deep breathing and bridging there's no comparison."

In many styles of chi kung, the student is taught to circle energy up and down his spine and throughout his body, in what is often referred to as the microcosmic orbit. I have practiced different styles of chi kung and know about the microcosmic orbit. But compared to the energy you can gather when combining deep breathing and bridging there's no comparison. Most importantly, sitting and meditating on energy moving up and down your spine will NOT give you flexibility that bridging does.

When talking to those who study Eastern martial arts, I am often asked if I practice any type of chi kung. To this question I answer "yes." "What type?" they ask. To which I respond, "Bridging chi kung." "What's that?" the person asks. "Well," I say, "It's a system of training that will not only allow me to bend over backwards and touch my nose, my lips, and my chin to the floor, but amazingly enough, I can fall backwards onto my head with no support and not harm myself in the least. I can also hold a bridge with two or more people sitting on me."

I don't usually refer to bridging as "chi kung" as I prefer to use Western words. But it is the king of all exercises, and when done properly, and from many different positions, you'll not only become physically fit, but your brain will start working better. The increased blood flow to the head will help improve memory, and the concentration involved in holding the bridge for varying amounts of time will make you a cooler, calmer and more focused individual. These benefits, however, are hard to imagine when you're struggling away, not only fighting to get your nose down, but feeling useless when trying to hold for time. Well, all that will change when you integrate the big secret involved in the mastery of bridging. And that secret is deep breathing.

When I first explained bridging in my book, *Combat*

Continued on page 101

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"No Holds Barred" with Eddie Goldman

Just Released

"Conditioning for Combat Athletes"

BY KARL GOTCH

Five years ago this video was made for remembrances - not for commercial purposes. It is part of the Karl Gotch legacy. How did "The God of Pro Wrestling" get his men into phenomenal shape? What exercises did he have them do? How was he able to make them big and strong without weights?

Until now, it's been a mystery. But now you can find the secret conditioning exercises that will take you to the top.

This video contains 65 years of experience, including centuries old "proven" and "time-tested" exercises from all parts of the world, picked up during Karl Gotch's travels. The tape starts with simple exercises and builds to the more difficult ones. See Hindu squats and pushups, and various other body-weight exercises. Then watch as Karl's student practices the art of rope climbing like never before. First he goes up with hands and feet. Then with hands alone. Then with a rope in each hand. And then, the most amazing feat of all ... watch in awe as Karl's student climbs the rope upside down!

> "If Karl hadn't agreed to release this tape, these proven and incredibly effective exercises would be lost forever. To put it mildly, these exercises have changed my life."
>
> —Nathan Hatton, Canada

After you see this you'll be motivated to train like never before. But there is a lot more to be seen after that, including the little known art called "bridging gymnastics" and the still rings. Awe inspiring material that WILL greatly benefit any combat athlete or fitness enthusiast.

> "This video is a must for every combat athlete, amateur or pro, and a real deal for anybody interested in his health."
>
> —Bud Jeffries, Florida

If Karl would have gone into detail for every possible way to work each exercise in the video, it would have taken several hours. So, instead, he has given the essence of what it takes to put you on the road to success ... doing so in a fraction of the time.

This limited edition video is only available for a short time and is sure to be a collector's item.

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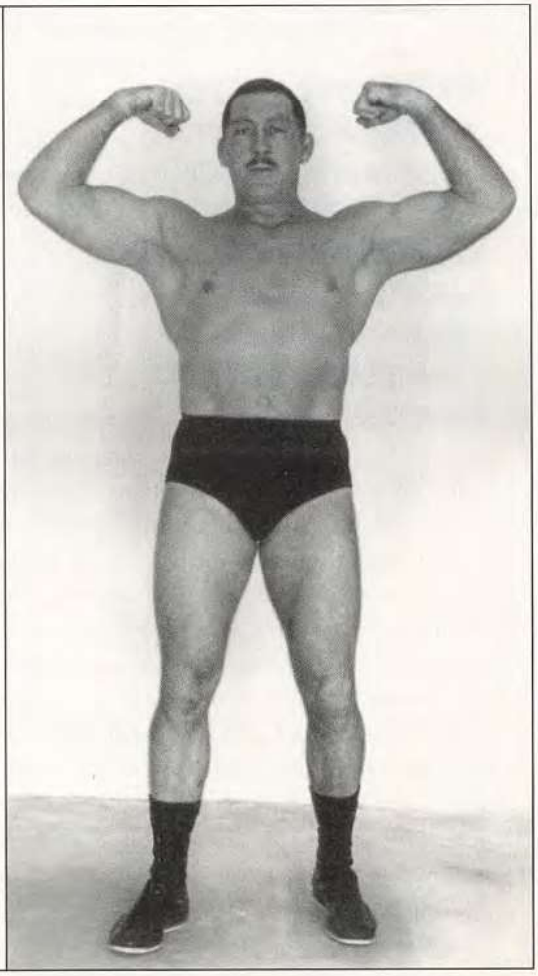

Gi Whiz

BY ROYLER GRACIE

Training with a Gi

The success of ADCC's World Submission Grappling Championships as sparked a revolution throughout the world. Everywhere you turn to, people are either competing in one of these kinds of tournaments or they are preparing to. Promoters worldwide have taken a liking to the idea and have created similar tournaments everywhere. In Brazil, there are even a couple of circuits of no-gi tournaments. The fact of the matter is that training and fighting without a gi is very fun and makes for exciting, competitive and action-packed fights. In light of that one would think that because you are going to compete without a gi you should start to exclusively train without one. As a matter of fact, there are many schools in the US and Brazil, where training with a gi is the norm rather than the exception.

No-gi training gives you many benefits. By limiting your options for attacks and by reducing the control over your partner, no-gi training makes you develop a very good sense of timing and it also sharpens your overall game. One of the reasons is you usually go through a greater number of position changes during that kind of training. While I agree that you must train the same way you are going to fight, I also believe that if you train exclusively without the gi, you are missing many important aspects of the game.

"While I agree that you must train the same way you are going to fight, I also believe that if you train exclusively without the gi, you are missing many important aspects of the game."

First, the gi gives you a variety of attacks and grips, making for much more technical training. One has to have much better posture and technique, especially in the attacking phase, in order to be successful when training with a gi as opposed to without it. Because your opponent has much greater control over your body and also the ability to hold onto your arms and sleeves, the person passing the guard must have a much better posture at all times and become much more sensitive to attacks to the neck and arms, thereby developing a greater sense of danger and alertness to proper positioning. Without the gi, the person passing the guard is virtually assured that there won't be any neck chokes and the arm attacks are much easier to escape because there is a lot less control of the elbow. Therefore one can be much more careless to the details and proper posturing.

The other part is that when you train with a gi, your game is much more tight. When you train with a gi a great amount of the time, your positions are very solid and controlling, after all you are holding cloth instead of slippery and sweaty skin. The person training without a gi all the time has generally sloppier, looser positions than the people training with gi. Because the positions are tighter, the control over your opponent is much greater, and that of course creates another problem, which in turn will bring yet another benefit. If you are the one being controlled, you also must develop better escape techniques. It is much easier to just push and slip your way out of trouble when you are going skin-to-skin that when your opponent has a death grip on your gi. That will make you develop two things: A greater sense of danger and better anticipation in the timing of the escape, and with better techniques to escape from attacks.

Now I am not here saying that you should exclusively train with a gi, but if you neglect gi training you are going to be missing half of the fun and half the techniques. Why have half when you can have it all?

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Rick Williams has been training Jiu-Jitsu for over 10 years, and has won the prestigious Heavyweight Championships at the Pan Am Games.

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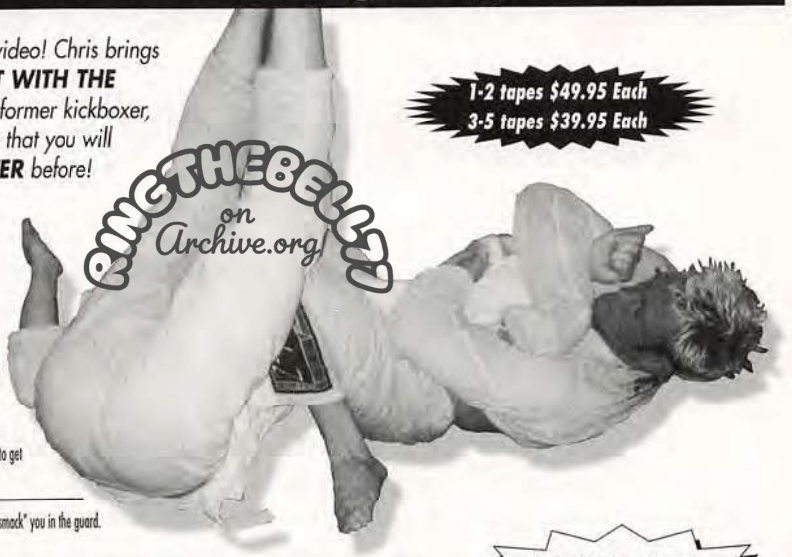

CH#1 Intro to "Street Jits" In this tape Chris teaches the positions for Jits in the street. How to strike correctly and stay on top in a fight. How to escape bottom when someone is hitting you. Five key ways to escape knee mount during a streetfight, and how to hold and use knee mount in a real fight. Chris also addresses the area of eye gouges, biting, and "vital" strikes. Don't miss this tape, you will watch it again and again!

CH#2 Street Guard (part one) Chris shows takedowns for street & vale tudo, including how to enter safely on a bigger opponent. Pummeling & the modified clinch. And the introduction into the dynamic, aggressive, guard designed specifically for the street! Including the use of the "whizzer" in the guard. This is a must see tape.

CH#3 Street Guard (part two) Chris shows how to set up your offense in the guard, including the infamous climbing armlock. How to defend from strikes while in the guard on the street, as well as how to kick while in the guard and get back to you're feet! Chris also teaches the "snakecatcher" tech used to get in on someone who is kicking at you from the guard. This is material never before shown on video!

CH#4 Street Guard (part three) Chris teaches the four lines of defense in the guard. How to counter a big wrestler who is trying to "stack & smack" you in the guard. And goes into the ways to pass the guard in the street. This tape will take your guard game to whole new levels, every serious fighter needs this info!

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CH#6 Turtle Position Chris teaches you how to submit your opponent when he turtles under your strikes. How to escape from the bottom, overturn your opponent, and get on top! How to block out the hooks and get the guy off your back, and how to defend your neck in the street. This tape contains new material that will change the way you roll immediately!

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Mat Time

BY KID PELIGRO

The Evolution of Brazilian Jiu-Jitsu Competition

Brazilian jiu-jitsu competition has been around for over 20 years. In the beginning there were the pioneers like Rolls Gracie, Rickson Gracie, Marcio Strombovsky, and Romero "Jacare" Cavalcante in addition to the young up-and-comers like Royler Gracie, Renzo Gracie, Carlson Gracie Jr and Ricardo de La Riva – all strove for submissions as the end-all and do-all of a match. The main strategy of competition was much like training – fighters would go all-out and try to submit one another and at the end of regulation, the one with the most points would be declared the winner. Points were awarded, the same as today, for attaining positions that were deemed to be beneficial in a regular fight, but the main objective of the matches was to submit one another.

"The main strategy of competition was much like training – fighters would go all-out and try to submit one another and in the end of regulation, the one with the most points would be declared the winner."

As the second generation of fighters began to come up, things began to change a little bit. Young fighters like Fabio Gurgel, Murilo Bustamante, Roberto Traven, Mario Sperry and Amaury Bitteti were starting to make their presence shown – initially following the same go-for-broke attitude that they had grown up with. But as their victories began to mount and their stature in the sport grow, a new trend in strategy began to emerge. The old ways of going all-out for a submission began to give way to a more controlled and point-oriented strategy. It was the natural progression of the sport as the importance of win-loss records started to weigh more in the perception of who was the best at the time. Of course, back then the number of competitions held each year was small, so the importance of winning or losing was much more magnified and the scoring of points became the primary objective of BJJ competition matches.

The problem with the new strategy was that the sport began to revolve more and more in the search for less and less. Now I want to make a caveat here, it was not the fault of these great athletes that the sport went in that direction, but

rather an evolution based on the current rules of the time, coupled with the increasing importance of each competition. Regardless of the fault, however, the matches began to become boring stalemates between highly skilled athletes, each searching for the smallest advantage. Once that advantage was achieved the athlete would stop risking anything and wait for time to expire.

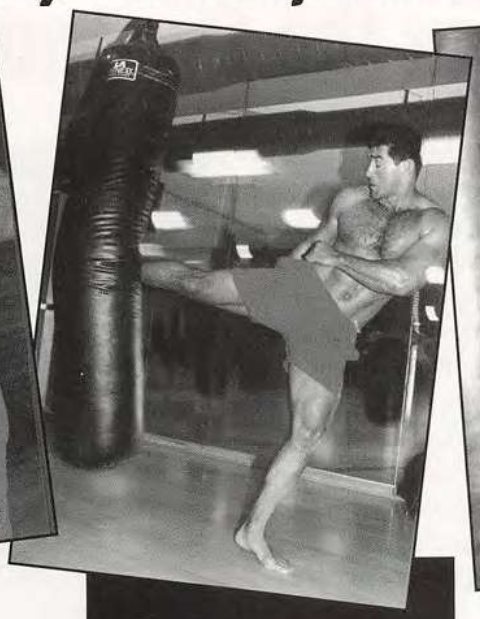
The result of this was that competition tournaments became less and less interesting to watch and the crowds and the athletes themselves began to demand more. Additionally, the effectiveness of the sport as a self-defense method began to suffer as well, because of the narrowness of the objective. It appeared at the time that BJJ was going to go down the same path as many other martial arts such as karate, judo, and taekwondo, whereby the drive for competition success virtually rendered the sport useless for practical purposes.

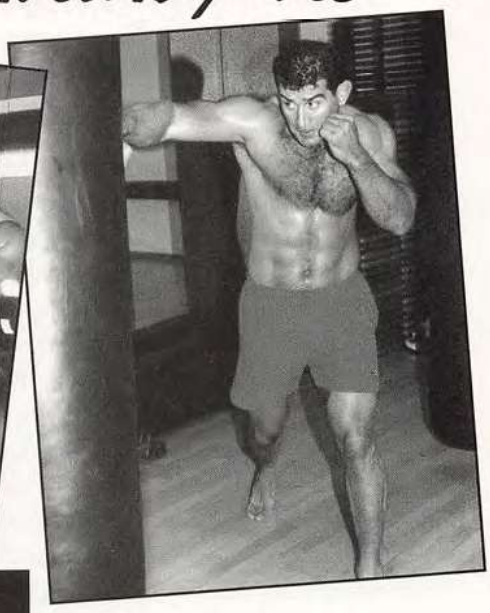
About the time everyone started to complain about the state of the art, two things occurred that changed the face of the sport once again: BJJ Federation President Carlos Gracie

Continued on page 101

RUAS VALE TUDO!

Brazilian Mixed Martial Arts





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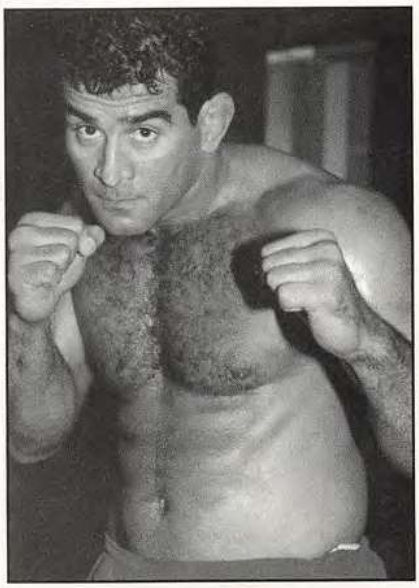

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Drill Bits

BY ERIK PAULSON
GRAPPLING MAGAZINE TECHNICAL ADVISOR

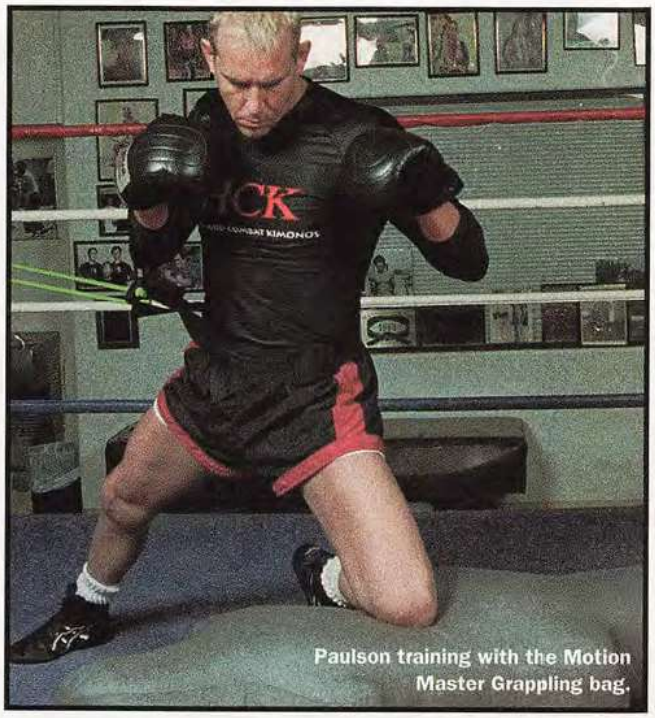
Striking from the Ground

Striking from the ground is an entirely different art from striking from the feet. Many times you see stand-up fighters who have explosive power when they're standing, but yet when they get involved in no-holds-barred, and go to the ground, all their punching power seems to disappear. The Russians did a study on power punching and they broke it into 3 parts: from the foot to the hip; from the hip to the shoulder; from the shoulder to the hand. In JKD we refer to these three punches as the flick punch - being just the arm - used more as a deterrent or antenna; the power punch - coming from the hip - intended to do more damage while still maintaining velocity; and last the power punch - which comes from the foot to hip, hip to the shoulder, and should to the hand - intended to put your opponent down for the count!

On the ground, unfortunately, there is no real way to generate full power from the hip, so it is vitally important, when grappling, that the punches are snapped from the shoulder and re-chambered up in a piston-like motion. The power from this type of punch is generated by speed, snap, and dropping your body weight. It is usually the snap or twist that causes cuts to open to the opponent. On the ground, when you're fighting, it is best to aim for the nose, temple, or chin. The nose causes the eyes to water which makes it hard for them to see and also to breathe since it will clog the nostrils with blood. The chin can be targeted, straight on or from the side, in order to knock the opponent out. The temple is also used for a knockout or also to discombobulate the opponent's thought process and confuse him into making mistakes.

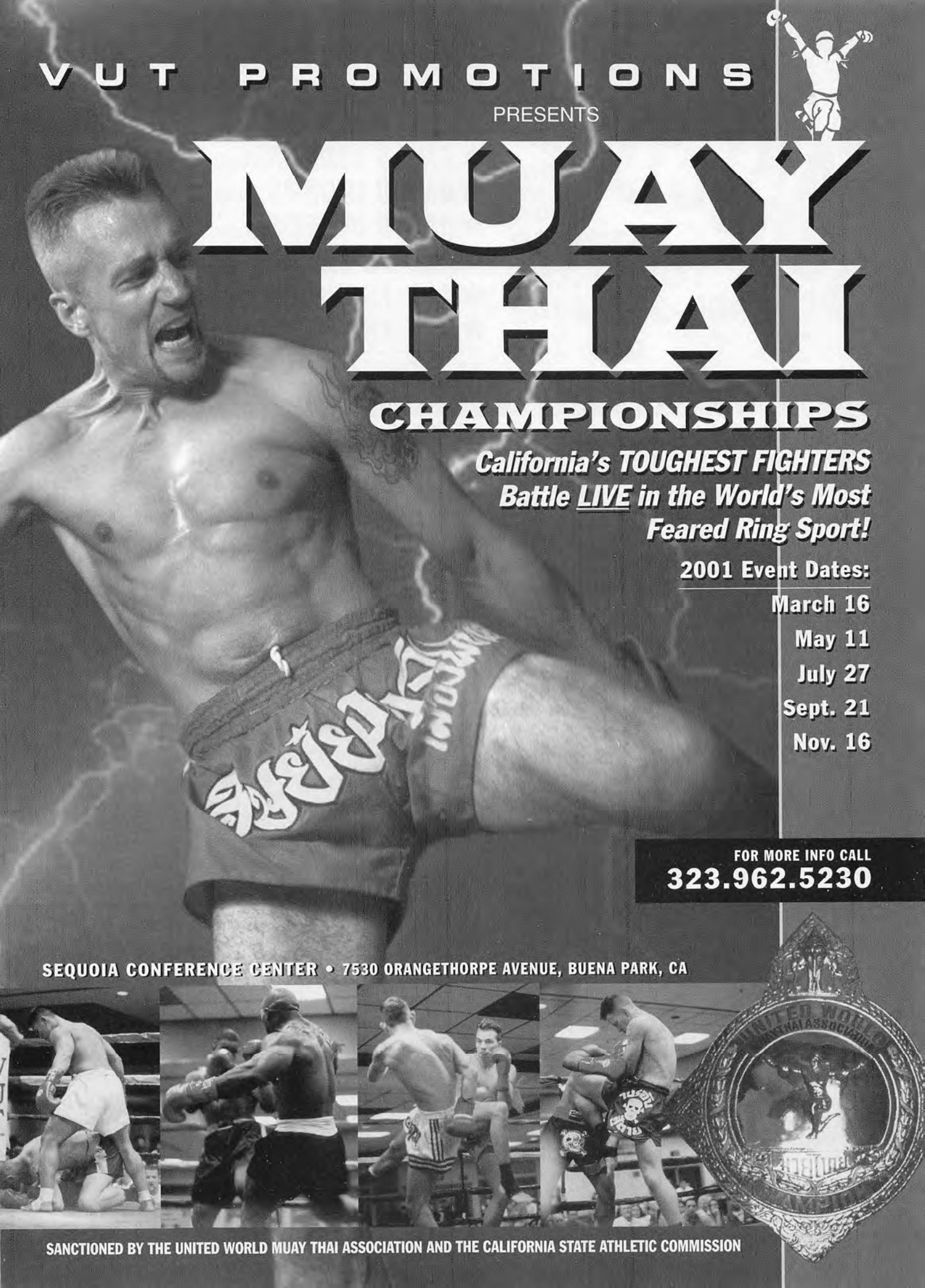
"The power from this type of punch is generated by speed, snap, and dropping your body weight."

Punching drills to develop power from the ground are different from punching drills to develop stand-up power. A good way is to carry a pillow (a Teddy Bear can also be used for you sensitive types) wrapped under your arm, throwing short, quick, hard shots until you tire. Another way to develop the angular knuckle punch is to hit a focus mitt or Thai pad held under the arm or held in your hand, hitting only with the knuckle at a 90 degree angle. The one, three, and six inch punch should be practiced from kneeling in a mount position on a Thai pad. The key from this position is to drop your body weight as you punch until you can feel the power transfer to the floor with a dull thud.


Paulson training with the Motion Master Grappling bag.

One of the best ways to develop your uninterrupted striking power is by using a bag on the ground. That is why is it best to use a heavy bag for training for a fight, and one of the main reasons I developed the Motion Master training bag. It is proportional to the human body, takes tons of punishment, is heavy enough to simulate an opponent's body weight, and is specifically designed for positioning, movement, and developing striking power on the ground. These types of drills are all part of the recipe you need to follow in order to become successful NHB/MMA style fighter. Probably its biggest benefit is that it never complains about excessive punishment, doesn't wear a smelly gi to practice, and never flakes on a training session due to a hangover from the night before!

Erik Paulson, Technical Advisor for Grappling Magazine, *is available for classes, seminars, and intensive training or by calling 888-349-2323 or by visiting* **www.erikpaulson.com**, *where the* Motion Master *ground bag is also available for purchase.*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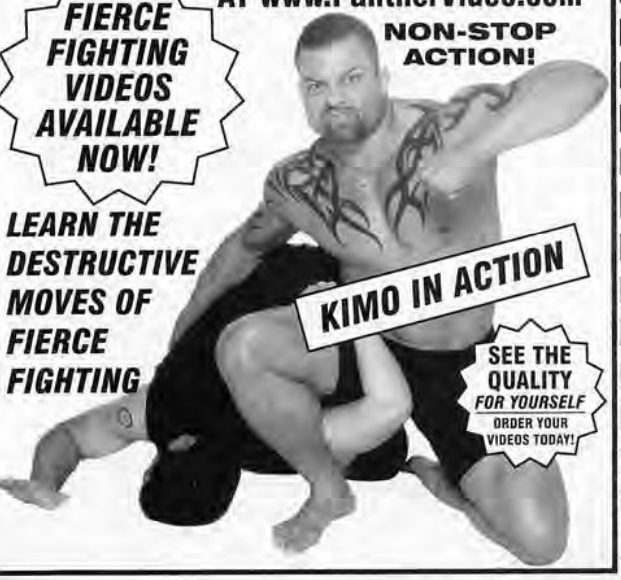

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Great Escapes

BY FRANCISCO "CHICO" BUENO

Foot Lock Evasion

In the early days of Brazilian jiu-jitsu in the United States (and these are still the "early days," by the way) you never really saw a lot of foot locks. This not only holds true for the US but also for Brazil. Foot locks were never really an important part of the jiu-jitsu arsenal, and it has not been until recently, with the wealth of techniques imported into jiu-jitsu from sambo, shooto, and various form of catch wrestling that you have started to see a great number of attacks occur from below the waist. There are a few reasons for this.

Probably the most common one is that up until a few years ago, jiu-jitsu considered itself a "gi only" sport. In Brazil, traditionally, it was the jiu-jitsu players who wore the gi, and it was lute livre who fought without it. Since jiu-jitsu has a long history of rivalry with lute livre, and wanted to keep themselves separate from them, they concentrated mainly on those moves that were most effective when executed with the gi. That, of course, includes arm locks and chokes. Even when competing without the gi in *vale tudo* matches, BJJ practitioners mainly used those moves that they practiced in the academy with the gi.

"So many students getting caught in say a knee bar from another student would not tap out, because they didn't feel the pressure like they did in an arm bar."

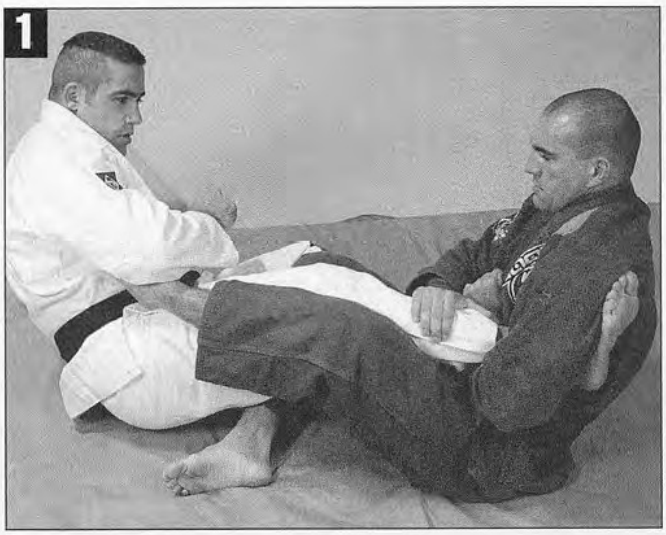
Another reason for the lack of emphasis on leg attacks is the popularity of judo in Brazil. I myself am a judo black - and many jiu-jitsu players from Brazil either started in judo like I did, or else learned judo in conjunction with jiu-jitsu in order to improve their throws, sweeps, and takedowns. In judo, of course, leg attacks are not allowed at all. So this only reinforced the mentality of not looking below the waist for a submission.

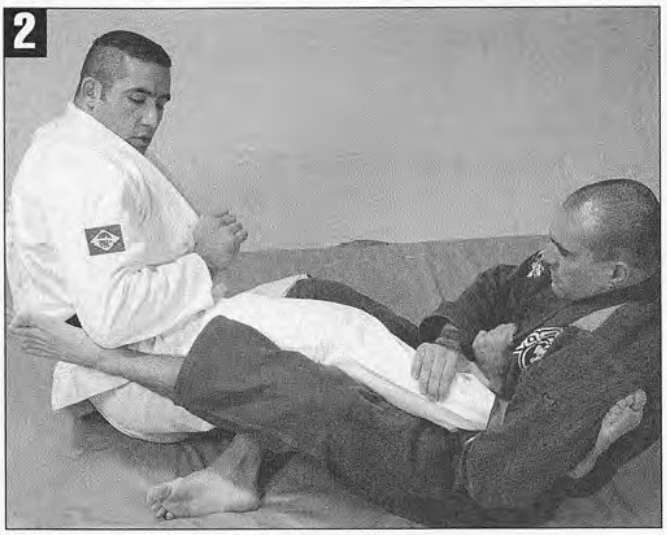
Yet another cause of this hole in the jiu-jitsu game is the fact that many BJJ instructors, even if the knew such moves as heel hooks, knee bars, and ankle locks, did not like to teach them or let them be used while sparring in class. The reason is that pressure on the lower limb joints is much harder to feel. So many students getting caught in say a knee bar from another student would not tap out, because they didn't feel the pressure like they did in an arm bar. Their opponent, not knowing the fragile nature of the knee or ankle would continue to apply pressure and would pop the ankle or destroy the knee joint. Teachers did not want to subject students to such a devastating injury and so just did not allow those dangerous moves to be used.

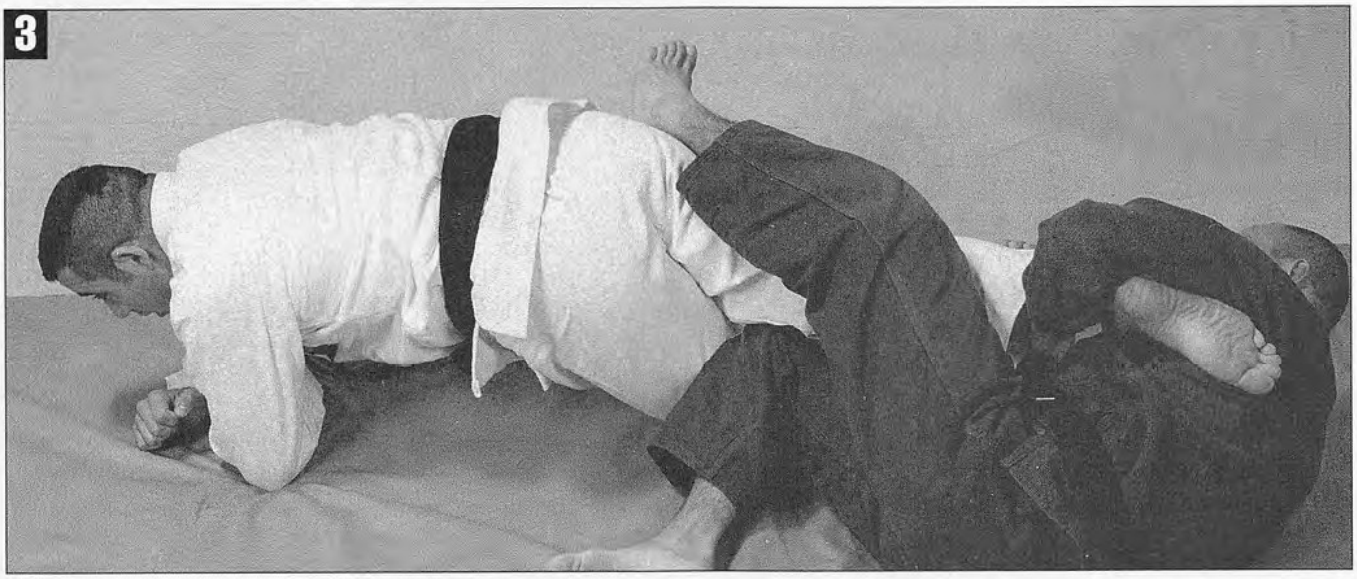
Recently, however, with the globalization of submission fighting and vale tudo leg attacks have become impossible to ignore. Many fights are held in Japan against skilled submission fighters who specialize in leg locks, and there has been an explosion of interest in no-gi tournaments such as Abu Dhabi, which allow leg locks. This has led to a greater awareness by students of the dangerous nature of those techniques, making them safer to practice, and also forced jiu-jitsu fighters to learn and practice leg locks, or get left behind technically.

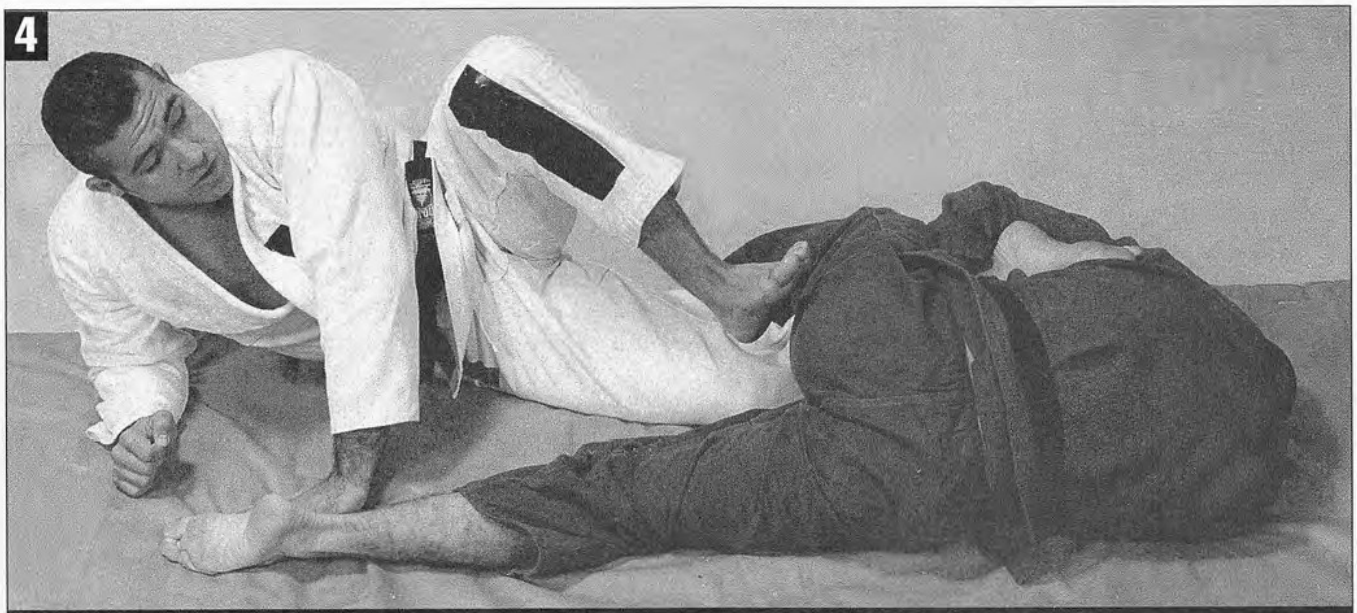
One of the most common leg attacks that any submission fighter will face is the straight ankle lock. This is because it is the easily to learn, can be applied from various positions, and is the first leg attack that most submission fighters learn. Because of that, knowing how the escape from it is a virtual necessity. When escaping, of course, it is important to move as soon as you feel pressure. Do not fight strength against strength and always try to attack your opponent's weak points with leverage. Do not become glued to the floor or let your opponent dictate the pace or the direction of the exchange. The key is to act, not react. Keep your chin down, your elbows in, and remember to breath! Now go have fun!

Francisco Bueno, an 11-time Brazilian jiu-jitsu champion, the 1996 World Champion, and the current WVC Heavyweight World Vale Tudo champion, is available for classes or seminars by emailing Riosports@aol.com *or calling 310-801-1000.*









Facing an opponent who has caught him in an ankle lock (1), Francisco Bueno uses his elbow to leverage his opponent's foot off his hip, preventing him from stretching the ankle (2). With his hips free, Bueno rolls away from the pressure, destroying his opponent's position (3). Raising up on his elbow to give himself a better angle, Bueno then pushes on his opponent's hamstring, allowing him to jerk his foot free (4).

No-Holds-Barred

BY EDDIE GOLDMAN

Zuffa's Challenge

First impressions seem to count for an awful lot in any relationship. If the first impressions given by the new owners of the UFC at UFC XXX in Atlantic City to their fans are any indication, then prepare for a long and steamy love affair. I gave them an A for their first effort, not a bad start at all. The new Las Vegas-based company, Zuffa, LLC., is headed by Lorenzo Fertitta, former vice chairman of the Nevada State Athletic Commission and current president of Station Casinos, and Dana White, the UFC's new president. "Zuffa" is an Italian word meaning "to fight, brawl, or scrap." Yet despite the unqualified success of their maiden voyage into promoting mixed martial arts (MMA), it is clear that this company will have "to fight, brawl, or scrap" if they are to make money.

Most of this successful UFC XXX card was booked before the new management took over, including what many regarded as the fight of the night, when top heavyweight contender Pedro Rizzo knocked out previously undefeated Josh Barnett. Maintaining quality matchmaking, however, is only one of many challenges awaiting Zuffa, especially after the honeymoon-like euphoria following their purchase of UFC wears off.

"Their biggest challenge is that most of the US cable monopoly still refuses to air UFC pay-per-views. Despite the fact that these cards are sanctioned by local athletic commissions and have an exemplary record of fighter safety, the censors are still ruling the roost on this issue, even in 21st century America."

Despite prefight press conferences in New York and Atlantic City and a postfight press conference, and although the arena was sold out and virtually all the reviews positive, there was scant attention paid to this card by the "mainstream" media. None of the local newspapers in either New Jersey, Philadelphia, or New York covered it.

Zuffa must also find avenues to explain clearly to the fans, "Just who are these guys?" Why should people care about Randy Couture and Tito Ortiz and Pat Miletich and Jens Pulver? This requires establishing a relationship with the sports media, both big and small, both specialized and general, both print and electronic, to get the story across to the fans so that they have an intelligent reason to care about the fights and thus either buy tickets or watch it on television. The track record of most American MMA promoters in dealing with the media has often been miserable at best and self-destructive at worst. Hopefully Zuffa will learn from the past.

Tito Ortiz winning UFC 30.

Their biggest challenge is that most of the US cable monopoly still refuses to air UFC pay-per-views. Despite the fact that these cards are sanctioned by local athletic commissions and have an exemplary record of fighter safety, the censors are still ruling the roost on this issue, even in 21st century America.

The previous owners of the UFC operated with a very tight budget after being dumped by cable, the main source of their revenue. This led to enormous cutbacks, including in fighters' purses, which not only opened the door to international competitors like Pride to outbid UFC for many top fighters, but also annoyed many fighters who believed the company was being too cheap. Zuffa has gotten off to a good start by appearing to have more resources to put into UFC, but it must maintain good relations with the fighters and their managers lest they go elsewhere.

What might break the back of the cable censors is the sanctioning of MMA by the very Nevada State Athletic Commission, the most influential commission in America, of which Zuffa CEO Lorenzo Fertitta was a member for four

Continued on page 96

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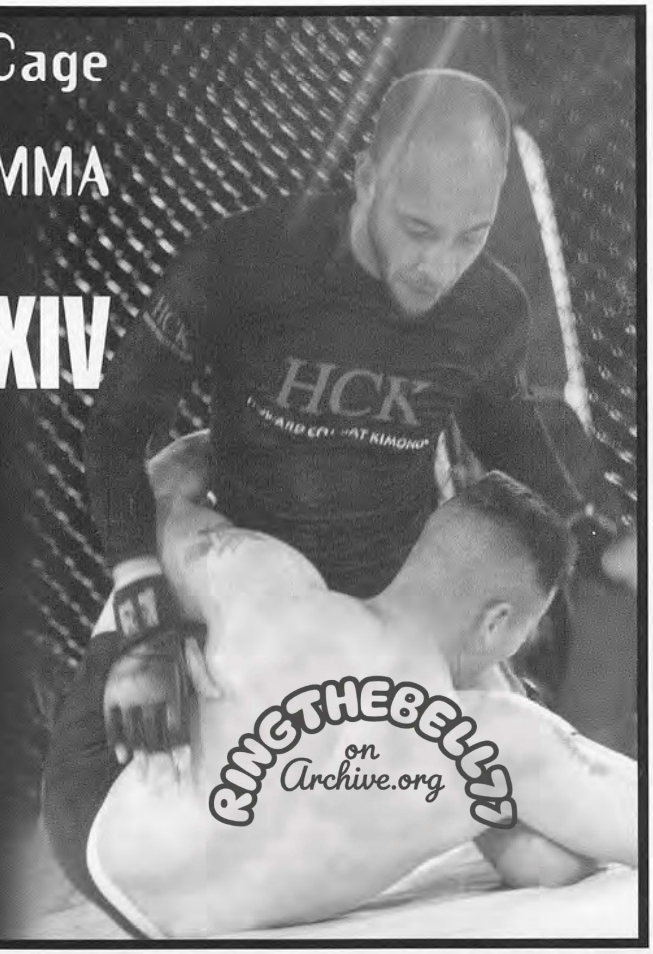

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- 1998 Abu Dhabi World Submission Fighting Champion
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TAPE 1 Vale Tudo Takedowns

This first video will change your understanding of how Brazilian Jiu-Jitsu should be used in a real fight. Here the Zen Machine will show you how to take control of the strongest street fighters and use the principals of ground fighting, standing up! This fighting style is so effective that any opponent, regardless of style, even students of conventional Brazilian Jiu-Jitsu will be unable to defend themselves. This video shows how to quickly immobilize strikers, wrestlers and grapplers and use punishing striking techniques of Jiu-Jitsu that are devastatingly effective! You will then learn how to take anyone down with techniques that work with even the biggest opponent. VALE-TUDO is the only video series to reveal these highly guarded techniques and is a must for anyone looking to enter the Octagon or win a street fight.

TAPE 2 Defeating the Guard

Once on the ground, most people will not know how to defend themselves and will be easily defeated by a Jiu-Jitsu fighter. However, a grappler or wise street fighter will attempt to fight with his legs to defend himself. Mario Sperry will teach you how to defeat even the best fighters legs (guard) using techniques that are unstoppable and unknown. You will see why 99% of the guard techniques learned today are not the most effective you can use in a street fight. You will learn how to quickly open the closed guard of any fighter, and pass his legs with never before seen techniques! Learn to defeat the half guard and much more! Also includes, Mario Sperry in Action!

TAPE 3 The Crossbody & Knee-On-Stomach

Prepare to learn a whole new method of Jiu-Jitsu that you never thought existed! We guarantee that that the techniques taught in VALE-TUDO are far more powerful then anything you have ever witnessed. The Zen machine will show you how the Crossbody should be used for the street and why sport style crossbody techniques are dangerous. You will learn to easily finish the fight from this position with devastating strikes and submissions that will amaze you! You will also learn how to properly use the most powerful and highly misunderstood position in Jiu-Jitsu, the knee on stomach! Here Mario will teach you a whole new style of Jiu-Jitsu that will give you a new arsenal of weapons never thought possible! Don't confused VALE-TUDO with other tapes showing sport style moves without the uniform. This tape contains a fighting style never seen before that will enable you to easily defeat all other styles of grappling and handle any opponent in a real fight!

TAPE 4 The VALE-TUDO Mount

Forget everything you know about the mounted position! The Zen Machine will teach you a whole new incredible method as you learn why the mount position taught in sport style Jiu-Jitsu schools will not work as planned in the street! Are you having trouble staying mounted on big opponents? You wont any longer as Mario shows how to put a quick stop to all escape attempts that will render your opponent frustrated and desperate. You will learn how the mounted position was really intended to be used as Mario teaches you special techniques to wear your opponent down making submission holds easy to apply. Mario Sperry's striking techniques from the mount are so incredible that it is worth the price of the entire set of videos alone! Also included, Mario Sperry in action!

TAPE 5 Fighting From The Back

In this ground breaking video, the Zen machine will teach you everything you need to know about getting an opponents back and quickly finishing the fight! You will learn how to get the back from numerous positions and use devastating strikes to set your opponent up for chokes, armbars and leg locks. All back positions are covered including north &south and the turtle position. Also included, Mario Sperry in action!

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TAPE 6 The VALE-TUDO Guard

Think you know how to fight from the guard? Think again! This tape will totally change your understanding of the guard and how it should be used in a street fight! The Zen machine will show you how most guard techniques learned in sport Jiu-Jitsu will not work in a street fight and are extremely dangerous. Then Mario will teach you the proper way to control, strike and defend with your legs in a real fight. This video is a real eye opener and will surely shock many sport practitioners as Mario teaches how to demolish those attempting to use conventional methods of opening your guard and passing your legs! You will also learn when and how submissions from the guard should be used. This tape is definitely the most important work on

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TAPE 7 Advanced Takedowns

Here, Mario and Murilo break the standing fight game down even further. Special punching techniques developed my these two masters allow them to enter into a takedown without getting hit. Mario breaks these techniques down showing what and what not to do if you face a strong striker. Next, you will learn special techniques for taking down strong wrestlers or experienced fighters that refuse to hit the ground. Mario also covers more ways to smash opponents that want to hang onto a octagon type fence. Great material! Next, Mario teaches how to get your opponent's back while standing and teaches multiple advanced methods of punishing and bringing them down!

TAPE 8 Attacks From The Closed Guard

This super hot tape brings fighting from the guard to a whole new level. Learn to attack safely, and apply advanced armbars and chokes without getting hit, that will catch your opponents off guard. Learn special turnovers that work against striking opponents that lead to devastating spine and neck submissions. This tape is loaded with new material! If you liked his first guard tape,

TAPE 9 Attacks From The Open & Half Guard

This tapes is serious Vale-tudo. Mario starts with some brand new Vale-Tudo sweeps and then starts to really bang away with really slick new submissions. As Mario teaches in his first series, submissions against striking opponents are difficult unless you know the proper timing. Here, Mario and Murilo teach the skills to catch arm bars and chokes against those really tough opponents that are trying to smash you! Mario then takes you to the half guard and teaches some really hot turnovers and submissions not covered in his first set of tapes. Mario also covers more techniques for opponents that sit in the turtle position like wrestlers, and teaches new ways to turn them over and get back into the game! Finally, learn how to defend and reverse a bad situation like someone getting your back. All new hot material here!

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TAPE 10 Attacks From The Top

Retiring from the fight game in 1999, Mario reveals one of his fighting trade secrets, his four positions of control theory! This method he personally refined and uses in all his no-holds barred fights, allows him to totally control any opponent and move from position to position based on what escape his opponent attempts. These techniques, will allow you to bring your Jiu-Jitsu game to a whole new level that you never thought possible and can be used with or without the kimono! Mario then shows some hot new ways to mount your opponent during a no-holds barred fight. You will then learn new devastating neck cranks, chokes and some really hot new escapes from the knee on stomach!

TAPES 11 & 12 Vale Tudo Leglocks!

This two tape set is the definitive word on leg locks! Here Mario and Murilo break down the attack on the legs into never before seen details and variations. These two videos contain only no-holds barred and street fighting leglocks! No fluff stuff here! Leglocks are detailed from every possible position you can think of, top, bottom, standing and every position in between! Learn new leglocks just developed in Brazil like sweeps into leglocks and more! Mario will show you how to break and twist the legs with every possible combination from the foot, ankle, calf, knee and hip! Mario also teaches why some leg attacks may not work on certain opponents and how to tailor each attack based on your opponents weaknesses. Definitely the greatest work on Vale Tudo leglocks ever on video. You wont want to miss these two tapes!

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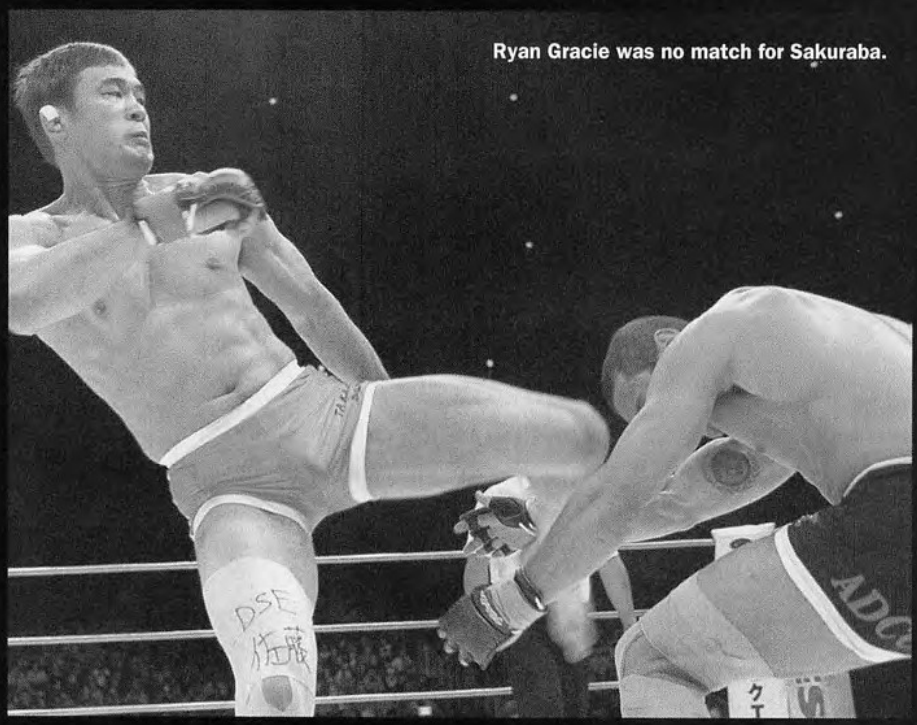
Pride 12

Sakuraba Strikes Again

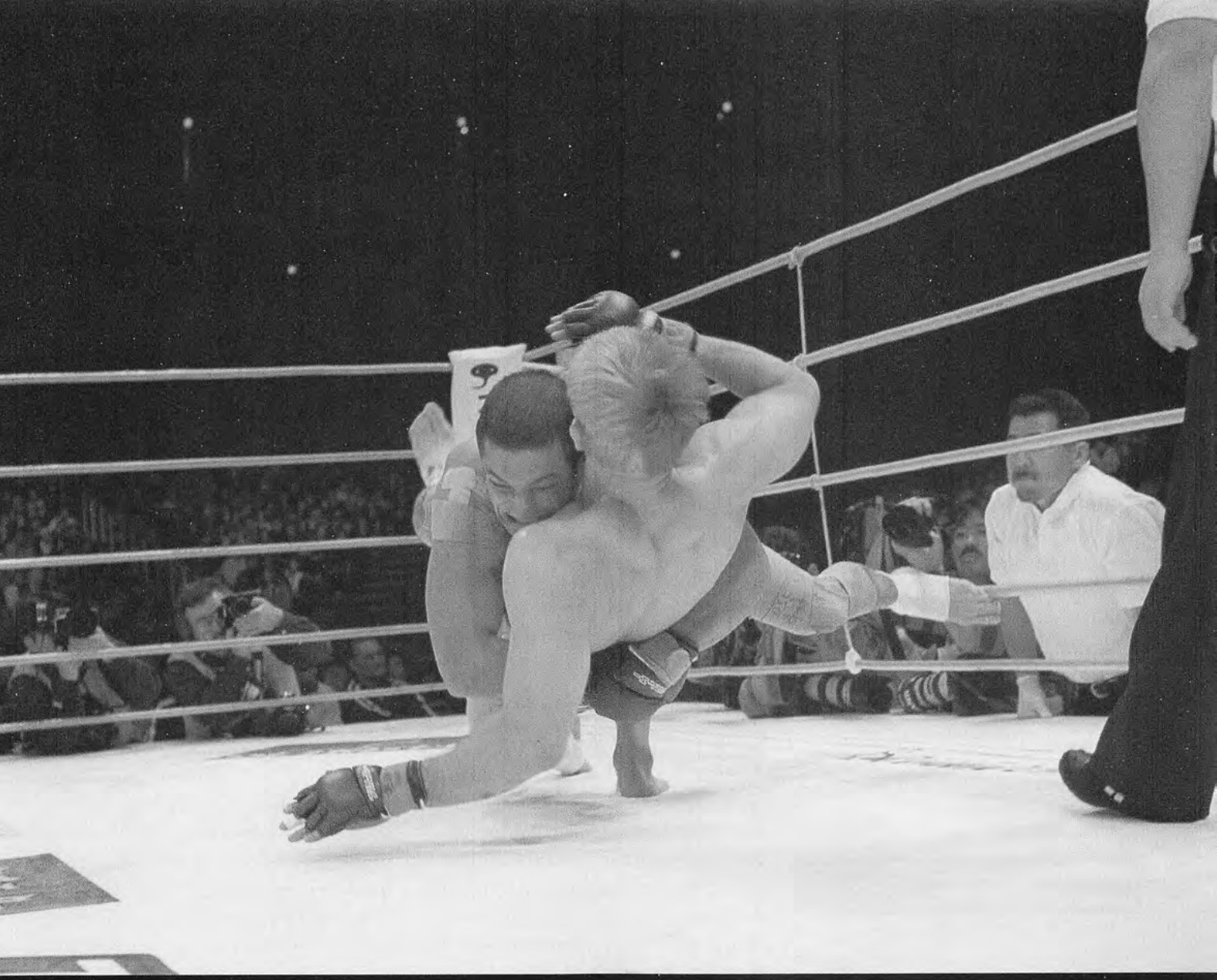
By Manami

The year 2000 was the biggest turning point in the NHB fighting scene since it was first introduced by Rorion Gracie and the UFC in 1993. This change was solely the result of one man - a pro-wrestler who came out of nowhere to sweep to victory over three members of the Gracie family starting in late 1999 - Royler, Royce, and Renzo. This pro-wrestler also helped to establish Pride as the world's top event for NHB fighting. Beyond all question, Y2K was the year of Sakuraba, who started chasing after the "invincible" Gracie clan. As his success mounted the rolls were reversed - the Gracies and, in fact, every other renowned fighter are now seeking him. Who would have thought that a pro-wrestler would have come this far?

NHB has reached a phase where the



Ryan Gracie was no match for Sakuraba.



Brazilian fighters are no longer dominant - this is because the Gracie's revolutionary fighting techniques are now incorporated into every fighter's training regimen. Style against style is hardly seen anymore in these events. Only a complete fighter in all aspects of the combat game can survive and win. Although the original concept of Brazilian vale tudo is more and more obscured by the invasion of pro-wrestling show elements, Dream Stage Entertainment keeps bringing exciting match-ups in Pride. Its 12th show, and the last of the 20th century, was held in newly built Saitama Super Arena, located just outside of Tokyo on Dec 23, 2000. Over 28,000 fans packed the house to enjoy nine matches, seven of which went to the distance in the five-and-a-half hour marathon event.

Key Rules

Regular Pride rules were applied to all the fights, scheduled for two-rounds of 10-minutes each with a one-point system in each round from three judges. A five-minute overtime was also in effect when neither fighter reached three points after two rounds. No biting, eye gouges, head butts, groin hits, hair grabs, spinal attacks, and elbows to the head were allowed. However, there was also a controversial and tricky rule in effect that Pride officials should consider changing - no kicks are allowed to the head when the opponent is down on all fours, but head kicks are allowed when a fighter is lying on the mat on his back. Fighters often seem confused in these positions, as we saw many times in this event, and also in previous events, most notably in a previous Kerr-Vovchanchyn bout that ended up in a no-contest. The damage done from an illegal strike is often too big in exchange for a simple penalty - and it often taints the outcome of a fight.

Ricco Rodriguez takes down John Marsh.

The Fights

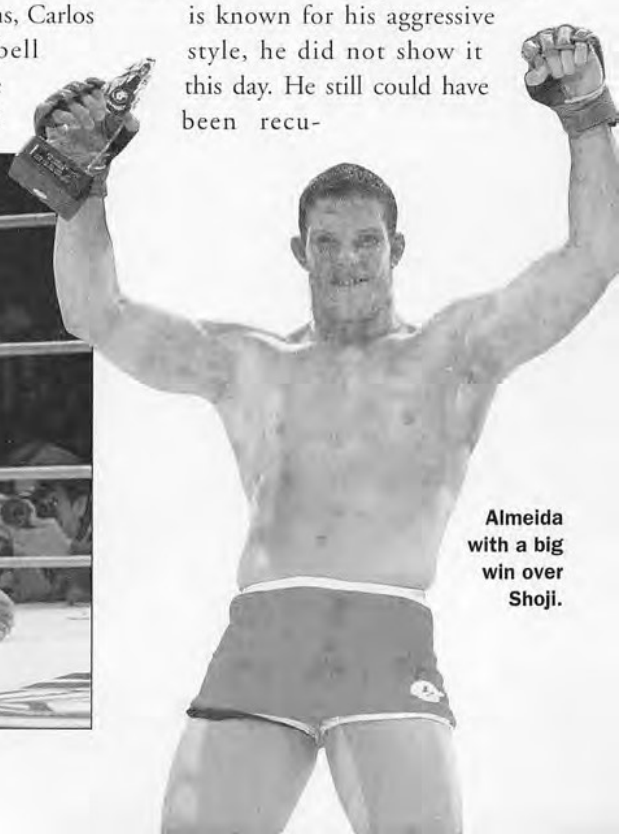
Alexander Otuska (206 lb. Japan) vs. Guy Mezger (212 lb. USA)

Otsuka, still on the road to entertain locals as a pro-wrestler when he isn't fighting for Pride, was no match for the superior Mezger, a former King of Pancrase trying to bounce back from maybe the worst defeat of his career against Silva in Pride 10. Metzer caught Otsuka with a right cross that sent him down on canvas then quickly finished him off with a barrage of punches on cross side at 1:54 in the opening round.

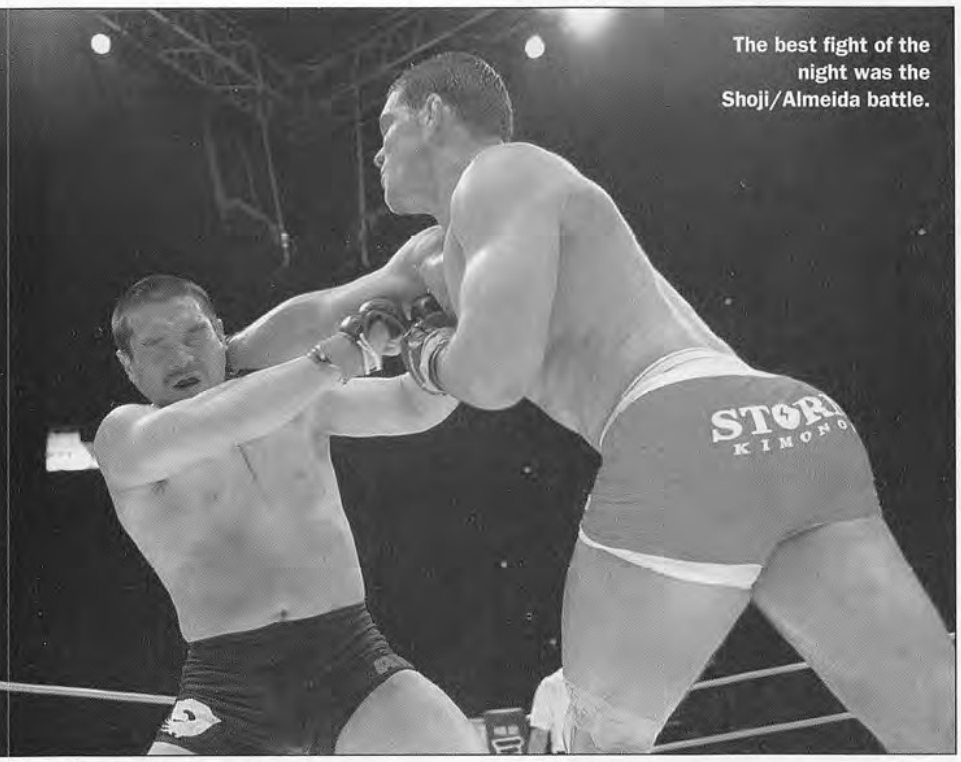
Carlos Newton (175 lb. Virgin Islands) vs. Johil de Oliveira (168 lb. Brazil)

Oliveira walked to the ring holding a fire extinguisher. It wasn't known whether this was a joke about his misfortune of being burned in a fireworks mishap in Pride 9 five months ago, that put him in the hospital, or merely a precaution. Either way the Pride organizers were glad to see him back in good health. His postponed Pride debut came against one of the best middleweight technicians, Carlos Newton. At the opening bell Oliveira pulled him into the guard when Newton grabbed the his kick. When Newton was passing his guard there were many counter maneuvers by both fighters, including rapid foot lock attempts in a nice technical display. Unfortunately, the fight never took off after that. Newton did manage to pass Oliverira's guard a few times and spent most of round one attacking from the top. Oliveira, however, an all-around luta livre fighter, had a tough defense on the bottom. In the round two, neither fighter executed effective attacks from inside the guard, as they reversed their positions, and yellow warning cards were given to both for a lack of offense. Although the Brazilian is known for his aggressive style, he did not show it this day. He still could have been recu-

Newton on top against Oliveira.



Almeida with a big win over Shoji.



The best fight of the night was the Shoji/Almeida battle.

perating from the injury or Newton was possibly a little too tough to handle. In a lackluster fight the did neither man's reputation or Pride standing much good, Newton got the decision for his superior positioning.

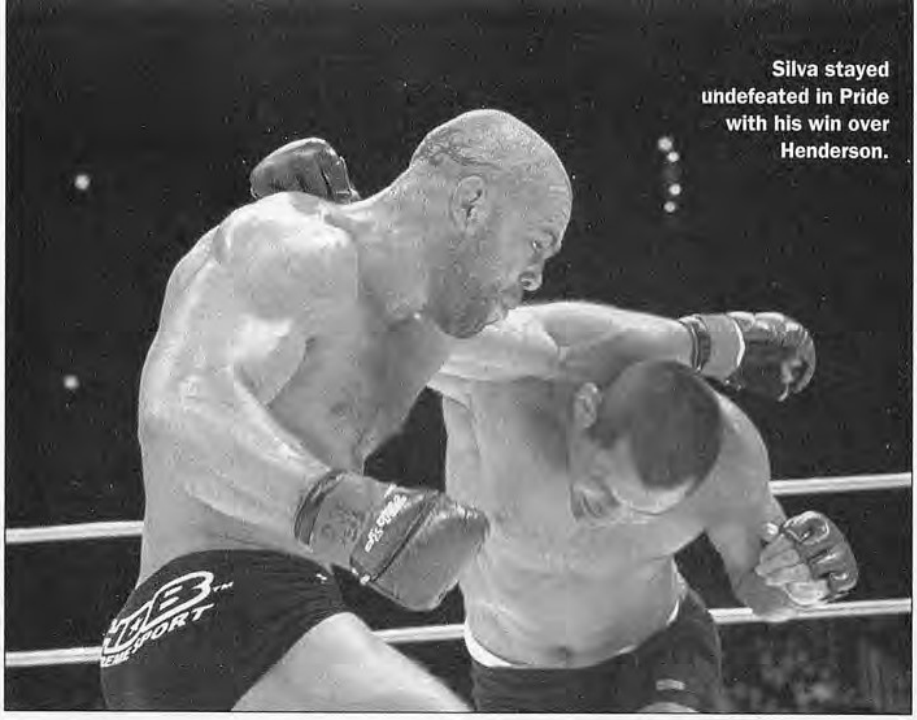
Ricco Rodriguez (243 lb. USA) vs. John Marsh (226 lb. USA)

Rodriguez, who recently joined Sakuraba as a member of Takada Dojo in Japan, faced one of his former sparring partners, Joe Marsh, a former boxer with a combined amateur and professional record of 21-0, who has trained with Royce Gracie for the last four years. Ricco, a BJJ-trained grappler under the Machados, showed he could fight standing as well, and was more aggressive throughout the fight, taking Marsh down and side-controlling him. Marsh, with a rock hard muscles, also had a solid base and good defense but lacked offensive moves. Marsh had a great counter blow in the second round but could not capitalize on it as Ricco grabbed him and took him to the ground. Much of the fight was on the ground with Ricco on top, in half-guard or cross-side. Despite his control, he could not inflict big damage on Marsh even when they were in a head-to-chest position with Ricco relentlessly kneeing Marsh's head. This is the same position that Coleman made Vovchanchin tap from in the finals of the Gran Prix 2000. Marsh was not aggressive enough, even standing, where his boxing skills could have exploded. Ricco settled inside the guard the last 5 minutes of the fight to secure the decision. This fight was expected to have a little more fireworks considering the power that the two fighters possess. Still, a solid victory for Rodriguez.

Akira Shoji (201 lb. Japan) vs. Ricardo Almeida (199 lb. Brazil)

Shoji, disappointed by the last minute withdrawal of Alan Goes, who was his scheduled opponent, got an initial surprise from Renzo Gracie student

Almeida, new in Pride after having had success in the ADCC world championships. Almeida took Shoji down early and controlled him from the side position. However Shoji was as slippery as he was against Renzo a few years ago in their draw, evading Almeida's finishing moves. Escaping and being pumped up by the roaring crowd, Shoji launched punches and kicks. Almeida, to his credit, kept his poise and threw some of his own. Shoji feeling Almeida skill on the ground focused on stand-up fighting and



Silva stayed undefeated in Pride with his win over Henderson.

Almeida, young and eager to prove himself, went along. The first round ended with some heel kicks from Almeida from the guard and a Sakuraba-like cartwheel pass attempt by Shoji. In round two Almeida used his reach advantage to take control, effectively hitting the Japanese on their feet. Almeida then kneed Shoji in the groin, which stopped the fight for 5 minutes leaving the Brazilian with a yellow card and the Japanese in excruciating agony. Shoji reportedly postponed an appendix operation for this fight - and this may have affected him and cost him the match. However, that does not take any credit away from the Brazilian who caught Shoji with a straight left on the nose which stopped the fight again due to heavy bleeding. Almeida showed some composure against Shoji's uncanny ability to fight back and was in control the rest of the way. Almeida got the decision in the best fight of the night.

Enson Inoue (210 lb. USA) vs. Heath Herring (234 lb. USA)

Enson Inoue walked the Pride isle for the last time in his short but an exciting fighting career - or so he said after the fight in the ring - while Heath Herring was congratulated by his corner and his fans for having beaten Enson soundly. Enson had a subdued look with no fire in his eyes, perhaps foretelling his decision before climbing into the ring. Herring, on the other hand, coming off an upset submission against mighty Tom Erickson in the last Pride seemed focused. Enson's usual full swing blows opened the fight, a few of which caught Herring and made him go down. The Hawaiian brawler jumped on top but Herring reversed the position immediately grabbing the leg from cross side. Herring had the key lock quite decisively for a few minutes. Herring appealed to the referee to stop the match, afraid it might snap. Enson, of course, did not care. It looked to be over but Herring did not have any more space to bend the arm and eventually let go. Enson then escaped the cross-side altogether and they were on their feet again. The Texan used his full weight advantage over 20-pound-lighter Enson and pushed him down and fell inside his guard. Herring delivered heavy blows to the body and passed Enson's guard where he started punishing him with punches and knees to the head. Enson didn't look like he was close to tapping at any point, but the referee stopped the fight at 4:55 in the first round. Enson never protested. Another big win for Herring and a tough loss for Enson. But Enson should bounce back unless he has some physical problem or is too content with his fame or has other business opportunities.

Dan Henderson (191 lb. USA) vs. Vanderlei Da Silva (208 lb. Brazil)

Silva meant business in this fight. From the moment he walked onto the mat he gave a Henderson a non-stop stare, as if to welcome him back to NHB competition for the first time after training to get a berth in his third consecutive Olympics in Greco Roman. In the opening round the momentum swung back and forth, but Henderson staggered Silva with his right hook after opening a cut above his left eye in the same exchange. With blood streaming down Silva's face, the referee stepped in to have a doctor check his condition at four minutes into the fight, which certainly helped him recover from the damage he took and probably saved the fight for him. Silva was now in a position to give up the fight if the blood continued to flow, but

Fujita shooting in on Yvel.

he delivered an illegal knee shot to Henderson's head while the Olympian was on all fours and took a yellow card. (This happens all the time. You can't stop the fighters from doing it and damage is often too big for a simple penalty to make up for it - Pride might as well allow it). This stopped the fight again as Henderson seemed to have suffered a concussion. After the fight resumed Silva took charge, passing Henderson's guard by stepping on his head over the legs and eventually mounted on him. The wild Brazilian even gave up mount top position so he could stomp on the American's head at the end of the round. In the second round Henderson tried to slug it out and got some shots in but was eventually overcome by Silva's relentless attack. A gutsy win for Silva whose left eye was swollen ugly and totally closed up by the end of fight. He is still undefeated in his sixth Pride appearance and hopes to get a fight with Sakuraba soon.

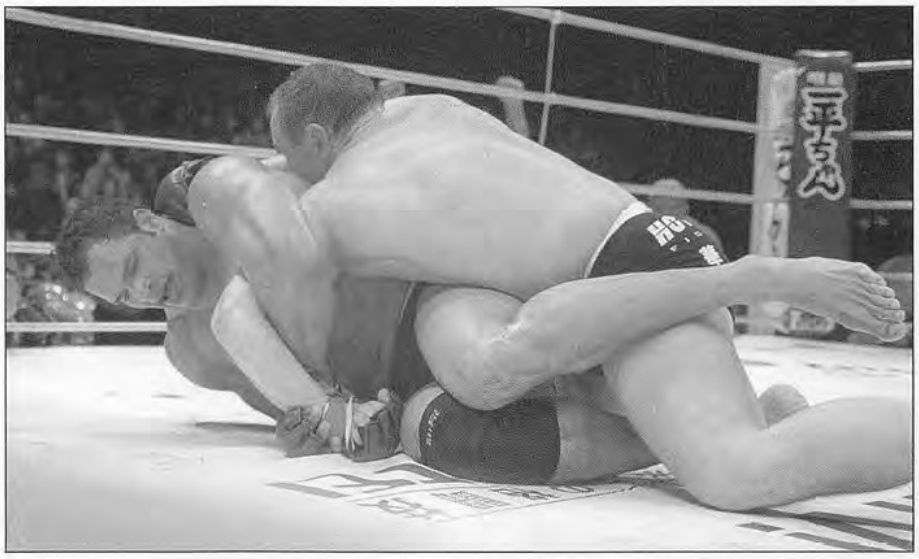
Gilbert Yvel (232lb.Holland) vs. Kazuyuki Fujita (245 lb. Japan)

Yvel, a superb striker, may have been a little overconfident with his stand-up game and could not deliver anything at all as Fujita, a former amateur wrestling champion, did not waste any time at all in taking him down rather comfortably at the start of each round. However, the Japanese was not very technical on ground, even against non-ground fighter, trying to awkwardly force a key lock or choke from half-guard and hitting sporadically and looking stuck in the half-guard. Nonetheless he was on top the whole time and got an easy decision. Once again Yvel's wild strikes were shut down by a ground fighter as he was in Pride 9 against Vitor Belfort.

Mark Kerr (252-lb. USA) vs. Igor Vovchanchyn (234-lb. Ukraine)

This was an anticipated rematch that could have easily been a main card or have been billed as the Superfight. Kerr wanted to redeem himself from the controversial no-contest in which he got knocked unconscious in Pride 7. Vovchancyn still believes he was the clear

Vovchanchyn was too much for Kerr.



winner in that fight and wanted to certify his claim. The crowd expected a KO crash of the best heavyweights, but it did not quite live up to its expectations. Kerr fought carefully. He was able to take Vovchanchyn down successfully twice in the opening round. But instead of throwing a merciless amount of punches as he had done in the past, he was on the defensive inside the guard, holding onto Vovchanchin and letting the Ukrainian throw counter-punches of his own from the bottom. The fighters were hearing boos from fans and both got a yellow card from the referee for stalling. The second round was no different despite Kerr corner's screaming advice to pass or get busy striking. Then the fight came alive with five minutes left only after Vovchanchyn questionably got his second penalty, which put them on their feet again. This time Vovchanchyn was able to land a kick on Kerr who then dropped down but came short of grabbing Vovchanchyn's legs. Vovchanchyn was in the perfect position to knee Kerr's head but Kerr was all on fours - it was deja vu. The flashback of the illegal knee that sent Kerr down 15 months ago must have crossed their minds because Vovchanchyn hesitated for a second before going around to Kerr's back and giving him some big hooks from behind. Kerr's chicken-wing armlock attempt was unsuccessful, but got him out of a jam. Kerr finally tried and passed Vovchanchyn's guard and side mounted with two minutes left in the bout but again could not generate much offense and allowed the Russian to put him back in the guard at the end of regulation. The match could have easily gone to Kerr for winning the position and penalties, but the judges were not pleased by his lack of offense and called it a draw. Kerr perhaps unwillingly went on for overtime, making a mistake on throwing a wild right and Vovchanchyn countered with a quick combination. Vovchanchyn took Kerr's back once again and gave big blows to Kerr's face from behind, which was enough to win the decision over Kerr who could not deliver any offense inside the guard for the last half of overtime.

Sak on a tear.

Kazushi Sakuraba (183 lb. Japan) vs. Ryan Gracie (186 lb. Brazil)

Renzo's speech prior to the fight of how his injured brother, Ryan, compared to an ancient samurai who fought regardless of their physical condition could not inspire the fans, for it sounded more like an explanation of why he would lose the fight. It was announced that the doctor only allowed one round of 10-minutes at the insistence of Gracie side. It was enough for Sakuraba to tame crazed Ryan, who claimed he would restore the honor and the name of the Gracies. Ryan attempted a takedown several times but came up empty like his brother and cousins. Ryan even bear-hugged him and still could not put him down. Even though Sakuraba allowed Ryan to take his back he scared the Brazilian when he held his arm the same way he held his brother Renzo just before the armlock ended the fight in Pride10. Sakuraba started to control the fight at the four-minute mark. He went cross side, over the top, and looked for an arm and face lock, striking and kneeing comfortably and staying on top till the end. When Ryan tried a last minute attempt at a leg lock, Sakuraba sat on him and spanked Ryan on the butt to give fans more to talk about. Only Sakuraba could pull off such a pro-wrestling stunt in a highly charged NHB match. With what seemed to be a serious injury, all Ryan could do was to survive at the bottom against a guy who had beaten three of his family members before him - all who were more technical and experienced than him. Ryan could become a great NHB fighter but taking on a fighter of Sakuraba's caliber in his second fight might have been a little stretch, especially when he was not healthy. An easy decision for Sakuraba.

Conclusion

With wins over the top members of the Gracie family, it now seems that Sakuraba will have to seek new victims. A case could easily be make for either Dan Henderson or Wanderlei Da Silva, especially considering the controversial nature of their match. Either one would be a worthy opponent and would most likely be willing to drop a few pounds to get a shot at Sak. What Sakuraba needs to do now is to avoid another easy fight with the likes of Shannon "The Cannon" Ritch, who was hyped by Pride to the Japanese fans as being an American champion, but who was well-known in the States as being a journeyman fighter.

With the exception of the Ryan Gracie fight, and the questions regarding Ryan's "injury" the matchmaking in Pride 12 was solid. Some of the fights, however, were a little ponderous, slow, and uninspiring - especially those involving the big wrestlers such as Fujita and Kerr. Pride might want to consider highlighting some of the young American stars who also have exciting striking abilities, such as Heath Herring and Ricco Rodriguez and perhaps bring back some Brazilians with proven striking skills such as Francicso Bueno. They might also cross their fingers that Enson Inoue, an exciting striker who generates fan excitement with his active fighting style, will reconsider his hastily called retirement, and continue to fight for Pride in order to give it the sparks it needs to satisfy the Japanese fans craving for stand-up action.

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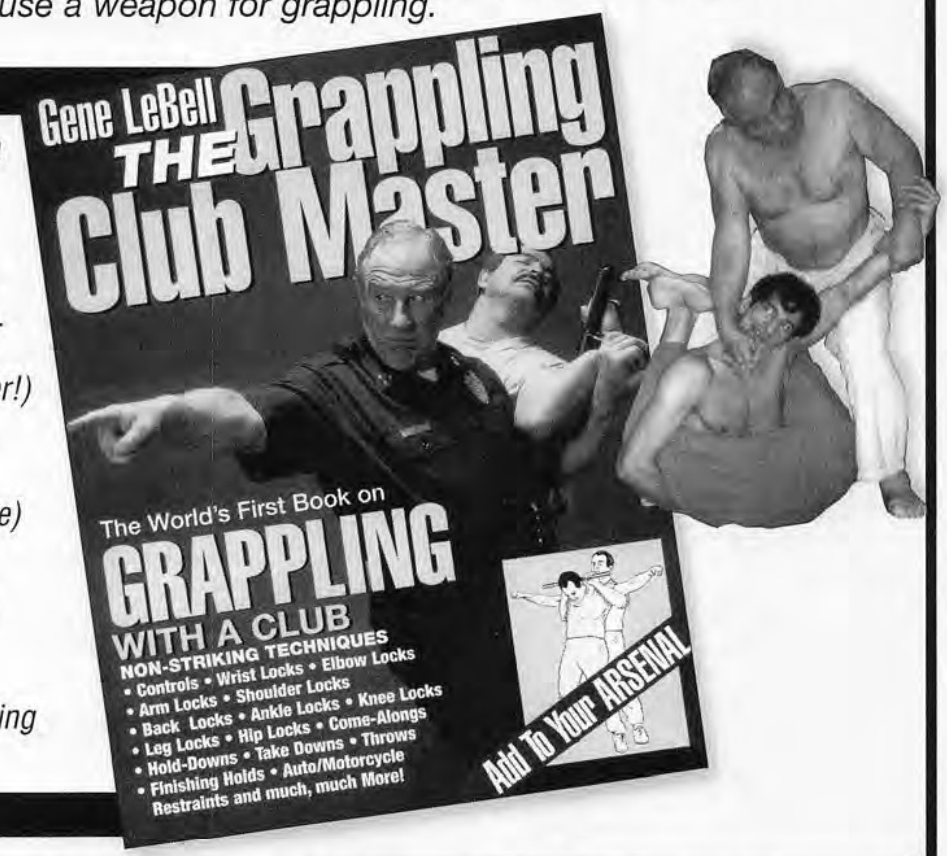
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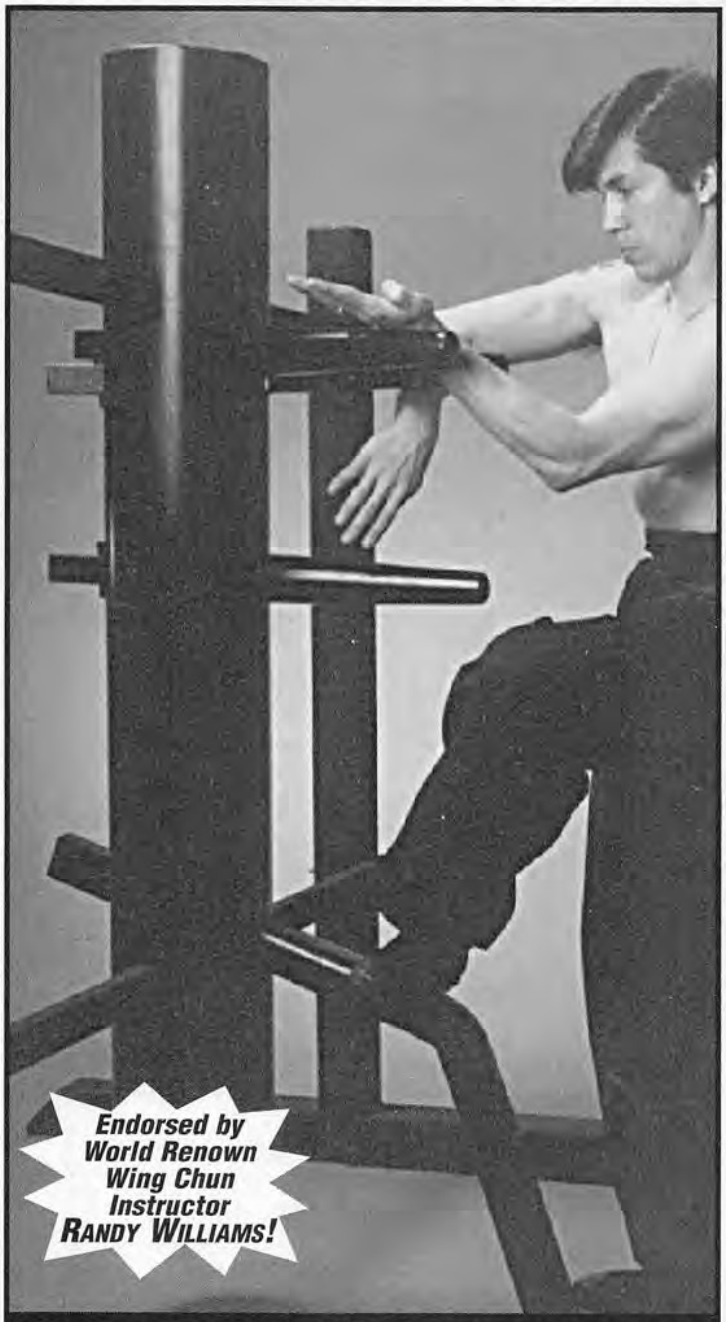

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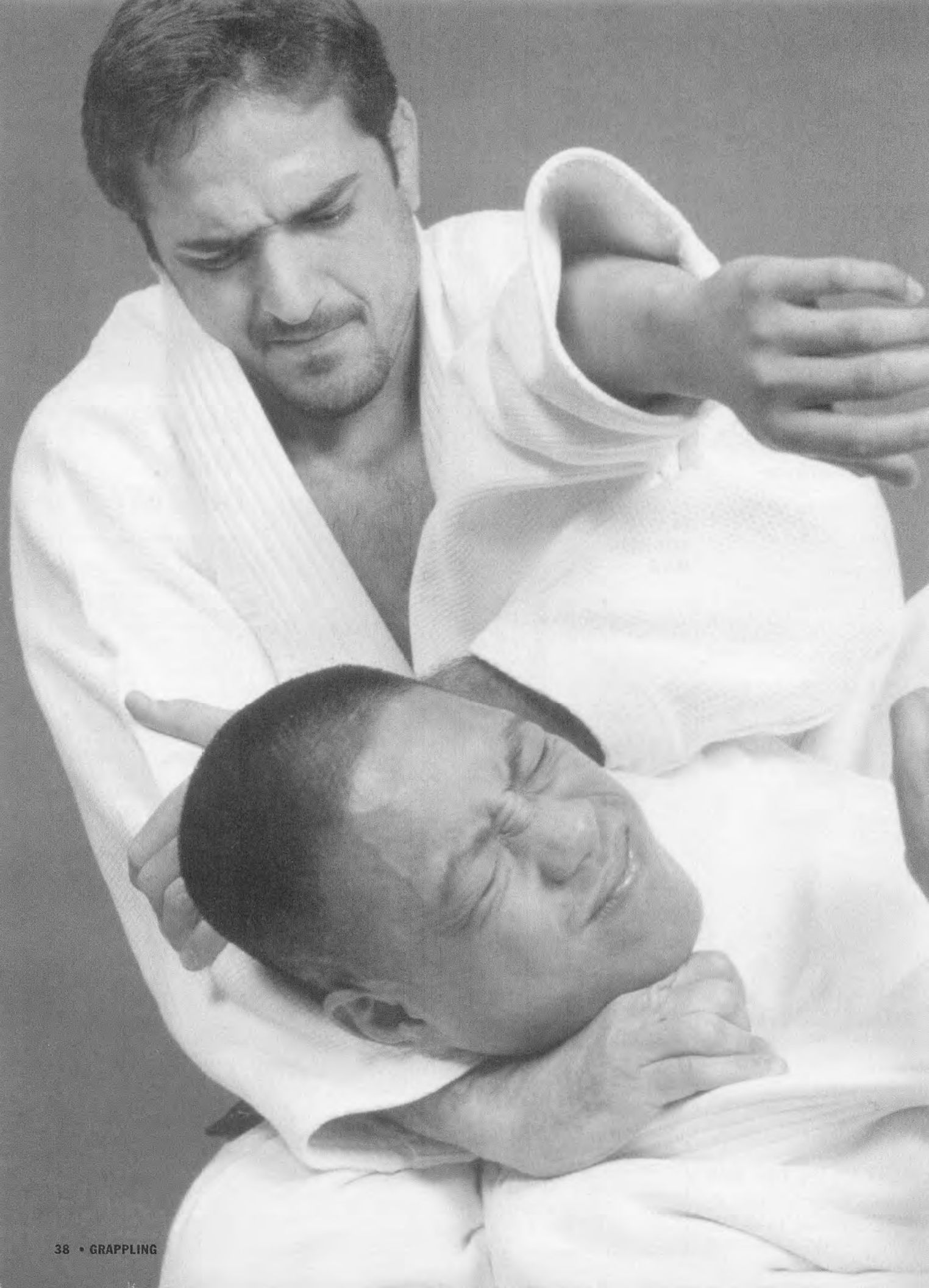
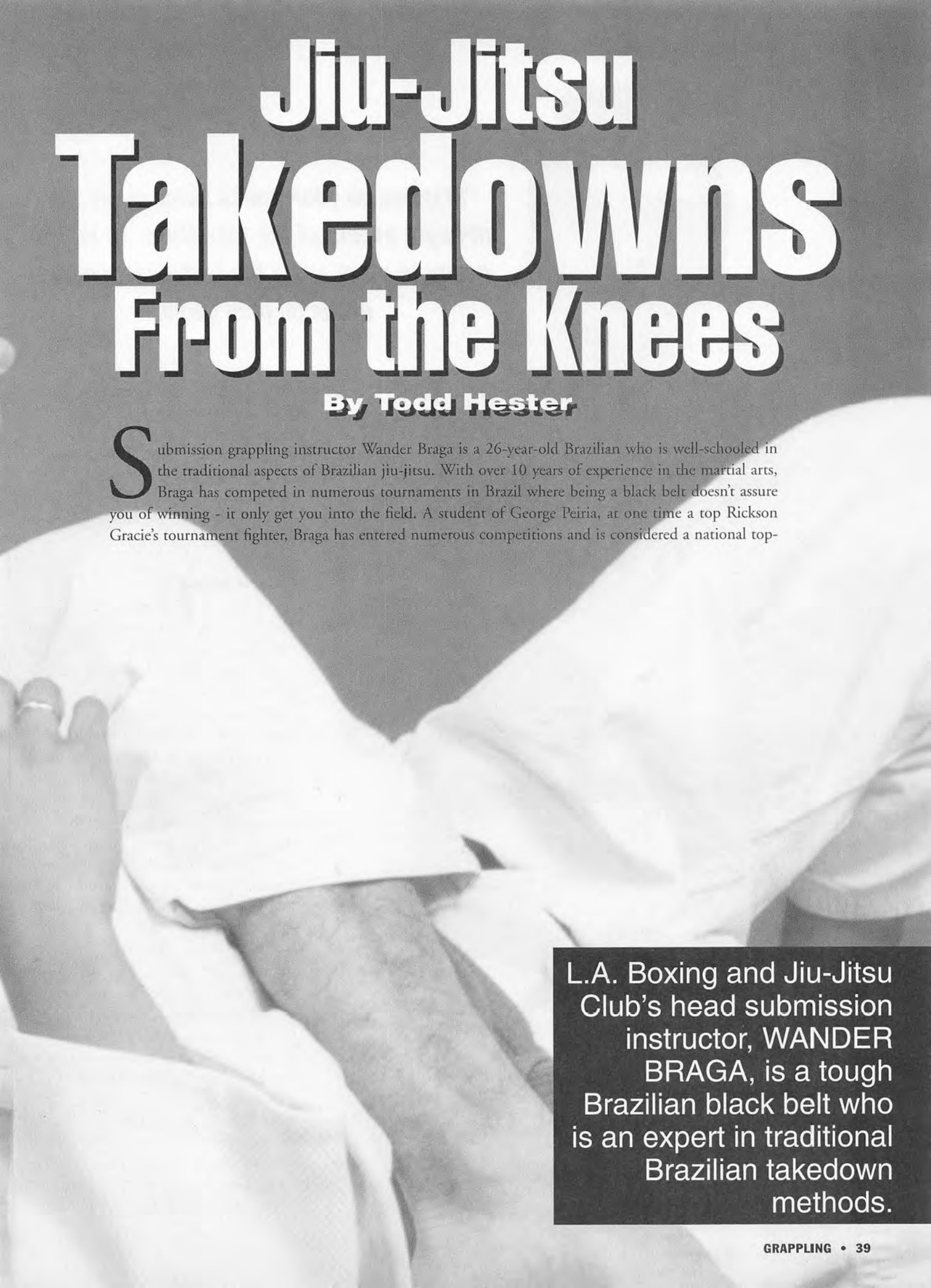


Jiu-Jitsu Takedowns From the Knees

By Todd Hester

Submission grappling instructor Wander Braga is a 26-year-old Brazilian who is well-schooled in the traditional aspects of Brazilian jiu-jitsu. With over 10 years of experience in the martial arts, Braga has competed in numerous tournaments in Brazil where being a black belt doesn't assure you of winning - it only get you into the field. A student of George Peiria, at one time a top Rickson Gracie's tournament fighter, Braga has entered numerous competitions and is considered a national top-



L.A. Boxing and Jiu-Jitsu Club's head submission instructor, WANDER BRAGA, is a tough Brazilian black belt who is an expert in traditional Brazilian takedown methods.

ten fighter in his weight division.

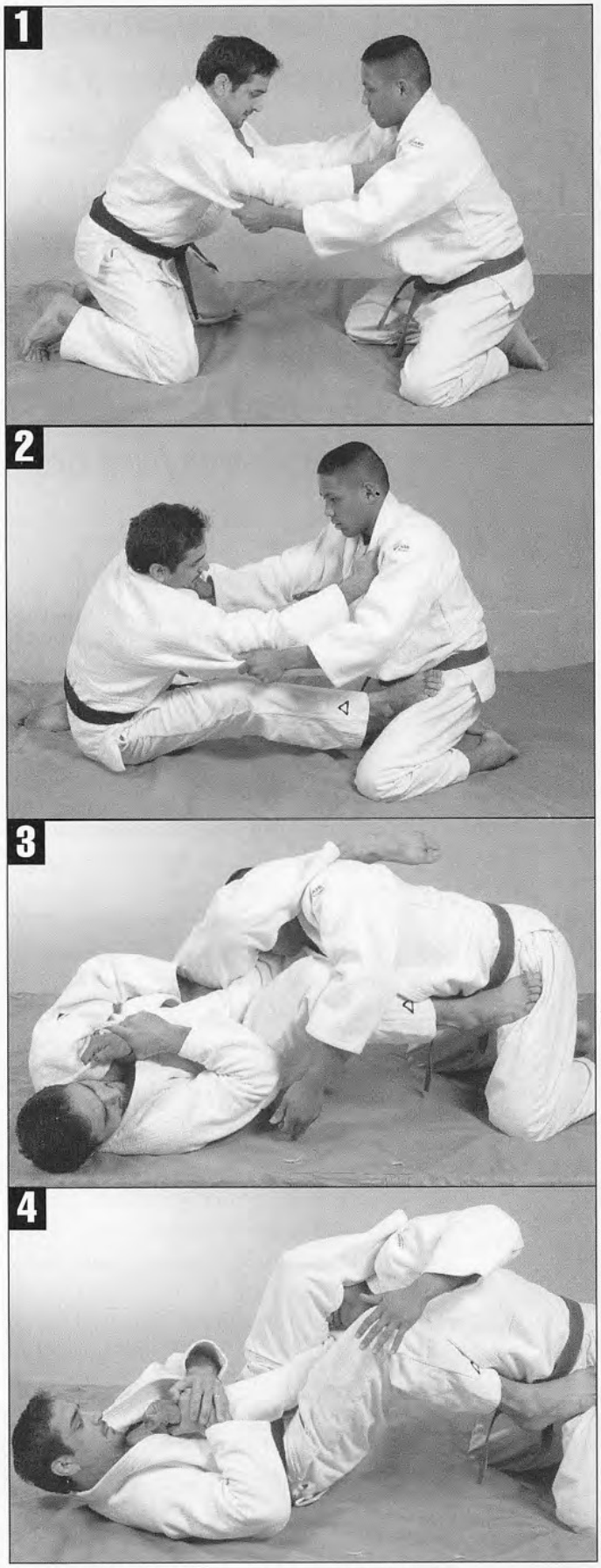
His last tournament was in the 2000 Pro-Am of Grappling in North Carolina where he lost a close match in the opening round of the eight-man tournament, but then bounced back the next day to beat a highly regarded Japanese Olympic Greco-Roman wrestler, a man who had beaten Japanese fighting idol Rumina Sate early last year in an anything goes Shooto match. In addition to his technical jiu-jitsu expertise, Braga is a *vale tudo* or no-holds-barred fighter as well, having amassed a 12-0 record in matches throughout Brazil.

"Starting on your knees takes away the strength aspect of the takedown. So you're ready to start using the technical aspects of the jiu-jitsu game."

Coming to America

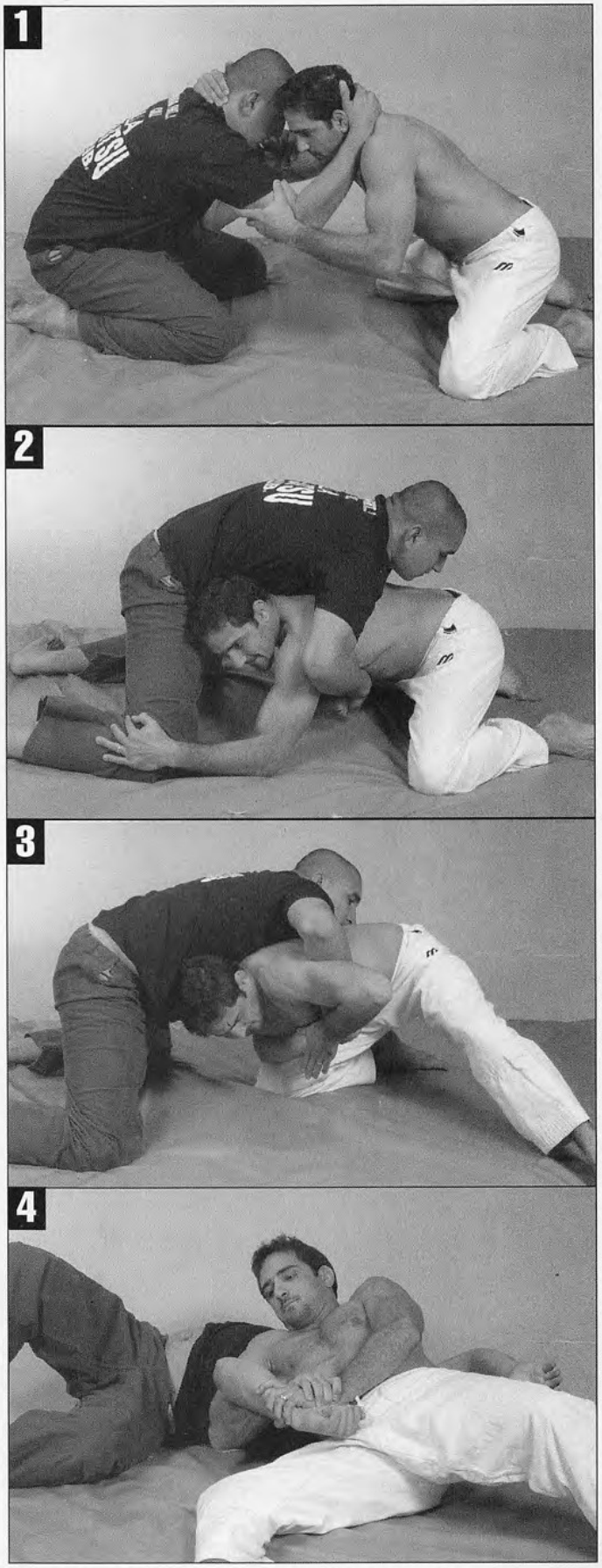
Having moved from Rio de Janeiro to Los Angeles last year to teach at Richard Allen's world-renowned school of the combat arts - The L.A. Boxing and Jiu-Jitsu Club - Braga is already expanding his fighting abilities by training in boxing with trainer Al Stanke, one of the world's foremost experts in the "Sweet Science." With the confidence in his stand-up game growing daily, Braga is now actively looking for fights in Japan and the U.S. As much as Braga loves fighting, though, he also enjoys sharing his knowledge with his students, and his years of training in Brazil has given him a wealth of knowledge to draw from.

"One of my favorite times in training," says Braga, "is at the end of class when everyone splits up into two lines, faces each other, and then trains for five minutes against the person in front of them, then moves on to the next person. Sometimes in a big class in Brazil we will go for an hour or more and train against more than 20 people from the knees. A lot of people don't understand this part of jiu-jitsu that is unique to the Brazilian style. They wonder why we don't start from the feet, as that is a more natural



Inside Hooks Takedown and Finish

Facing his opponent on the knees in a gi situation (1), L.A. Jiu-Jitsu Club Instructor Wander Braga sits back and secures the inside hooks (2). Securing the arm he passes his legs over the head (3), and applies pressure for the finishing lock (4).



Leg Control to Reverse Elbow Lock

Clinching his opponent without a gi (1), Wander Braga shoots into the legs (2), traps the arm (3), and then kicks his legs outward, applying the painful elbow lock (4).

"For someone who doesn't compete a lot, but who does jiu-jitsu for exercise and fun, you'll probably get more enjoyment out of knee takedowns than you will from learning takedowns from the feet."

position when fighting. Well, there are a lot of good reasons, you just have to keep an open mind to understand them."

Sparring from the Knees

According to Braga, knee training is a great way to get a workout without risking the danger of injury. "Most people get hurt during the transition from the feet to the mat. So by starting on the knees, you've already taken that potential for injury out. Since 90 percent of jiu-jitsu is on the ground, you learn and focus on a lot more of the techniques than if you start on the feet, which is more a position you see judo men or wrestlers practice. Another reason is that if you're a beginner, and you start on your feet, you're mainly going to use strength, power, and quickness to control your opponent and throw him. These qualities are not the goal of jiu-jitsu, which strives to develop balance and technique. So by not starting on the feet, you're eliminating the teaching of very bad initial habits in beginners that will be hard to unlearn later on in training."

Another reason that knee-sparring developed, Braga contends, is that many schools in Brazil are not that big, so if people started from their feet only two or three sparring matches could take place at any one time. With knee-sparring, everyone in class can train at the same time, because you're bumping up against each other instead of slamming into

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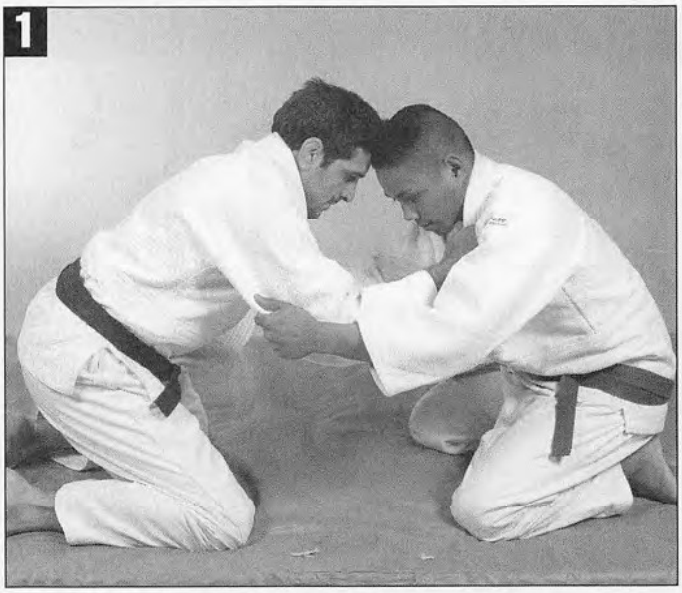
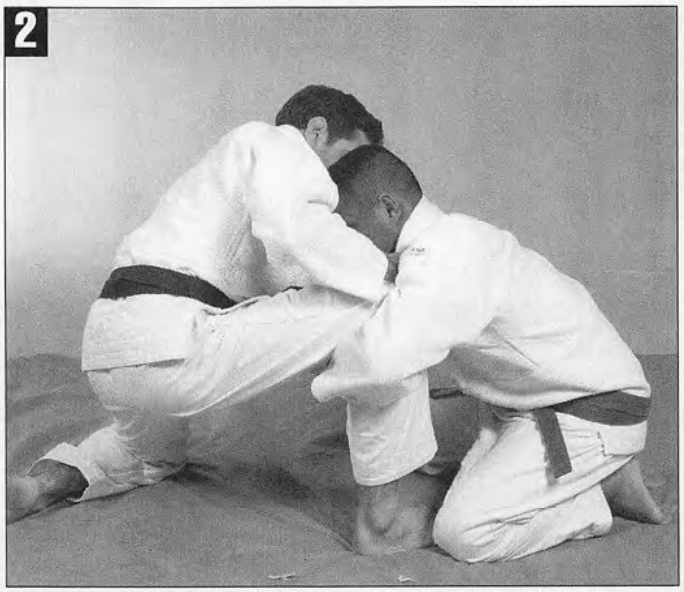
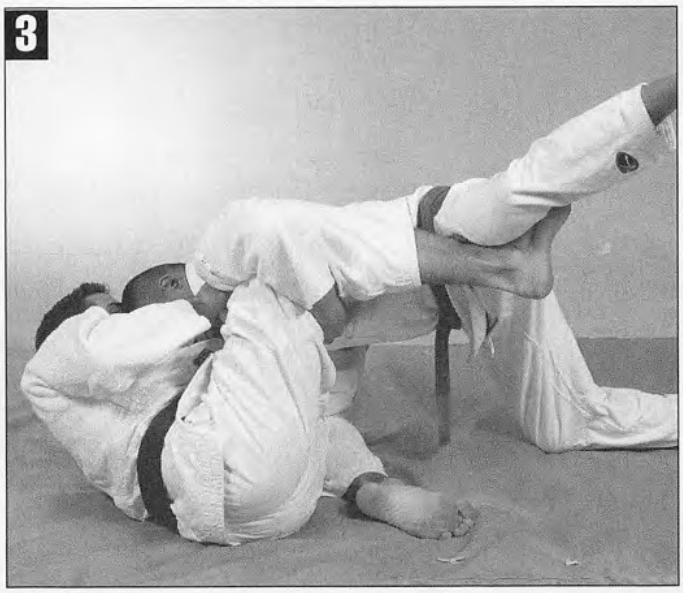
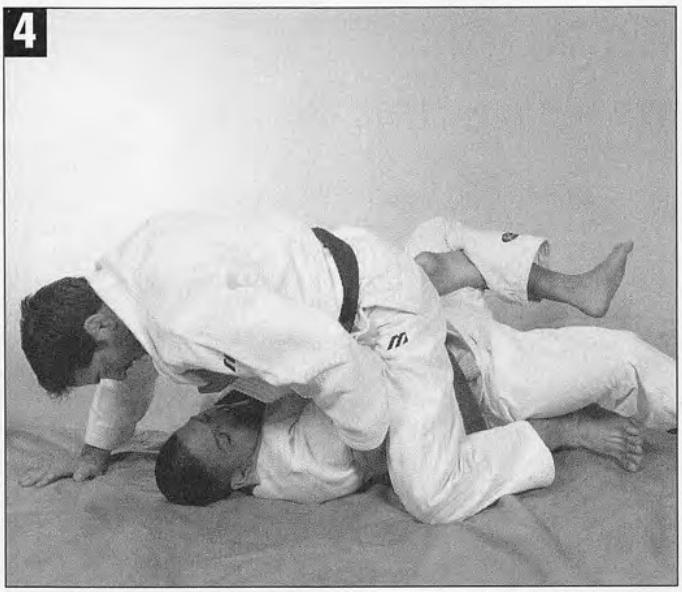
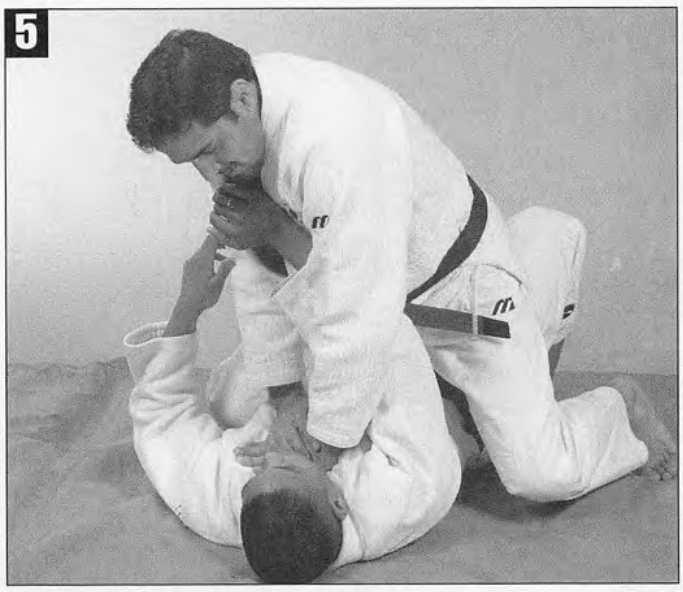
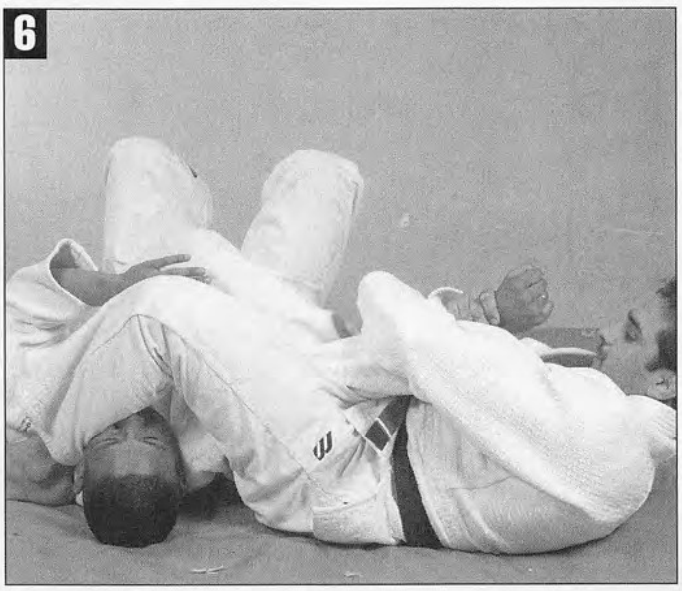








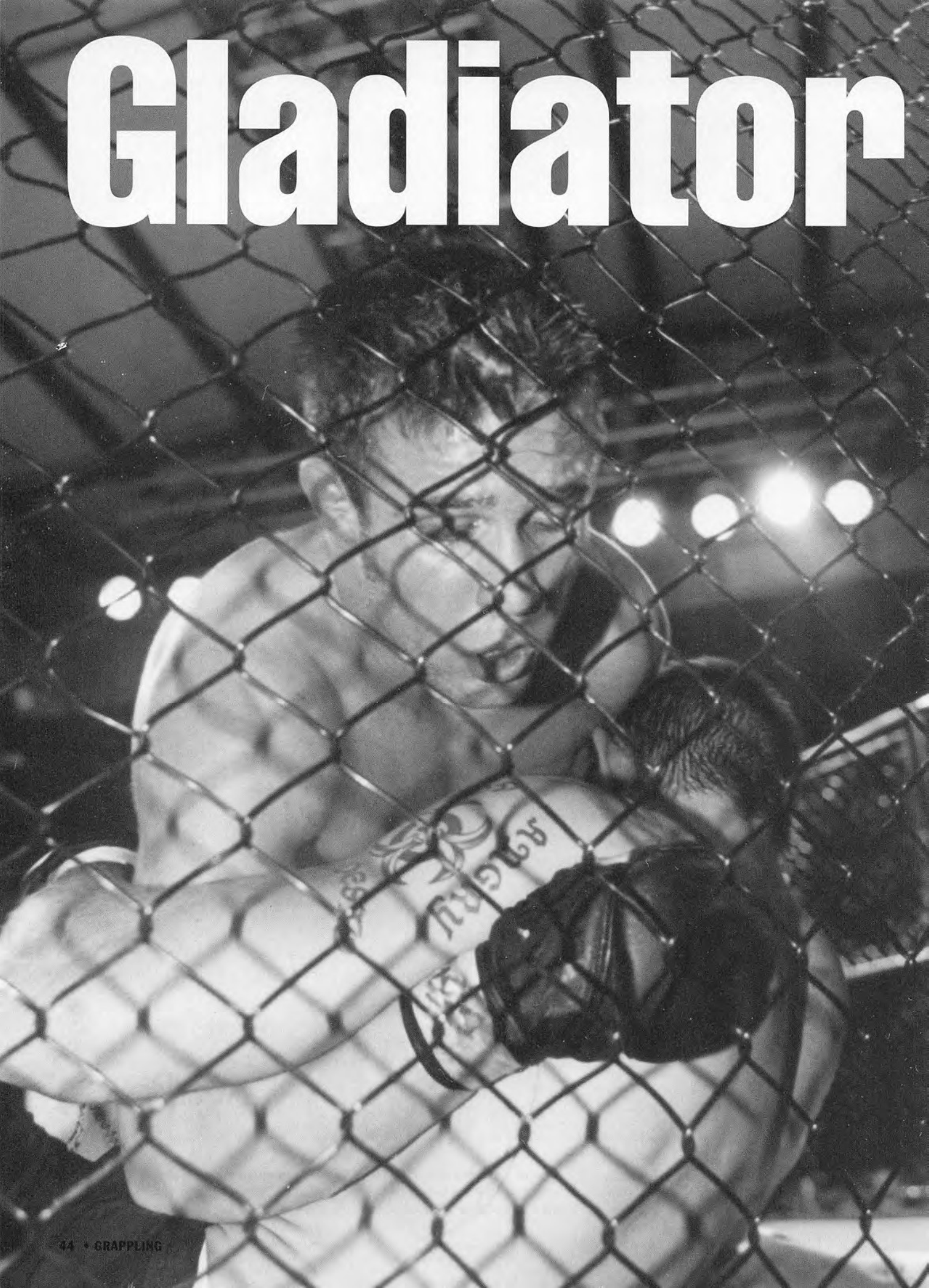




Side Throw to Arm Lock Finish

Clinched up with a opponent in gi (1), Wander Braga steps inside and gives leg control, which allows him to get the inside hook (2). Trapping the outside arm, Braga rolls to his opponent's weak (unsupported) side and throws him (3), landing in the top mount position (4). Pressing his opponent's chest (5), he then spins to the side and finishes him with a straight arm lock (6).

Gladiator



Challenge

Collision at Colusa

By Todd Hester

The Tedd Williams' Gladiator Challenge moved north for their second event and exceeded expectations by selling out all 2,000 tickets two weeks in advance.

The beautiful Colusa Casino is over an hour north of Sacramento, and somewhat isolated from a major population center, but if the enthusiastic crowd was any indication, this area might very well be a potential hotspot of future MMA activity. The vocal and intense crowd followed every move of the fighters and acted as if they had seen such events before as they recognized every potential armbar and choke and gave virtually every fighter in the event flattering and well-earned applause.

Tedd Williams

The headline fighter was Lion's Den star Jerry Bohlander who was accompanied by Ken Shamrock who, of course, drew the most attention and cheers from anyone at the event. Kudos goes out to Ken for his support of MMA in the small markets that are just getting started. He is a major star, but uses his celebrity not just for his own enrichment, but for the good of those fighters who will follow him in years to come. If more major U.S. stars would make the kind of selfless effort that Ken Shamrock makes to promote the sport, then MMA would undoubtedly grow faster around America.

Valencia vs Veleasquez

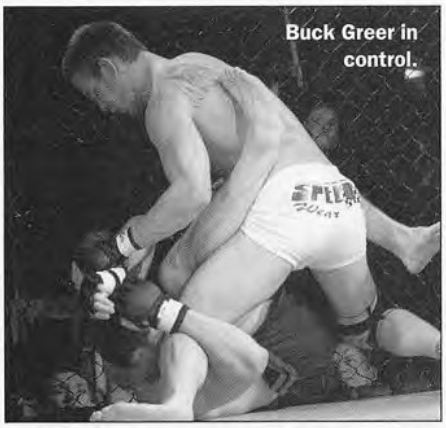
While all the fighters deserve recognition for the spirited performances, several bouts merit special mention. The Charlie Valencia vs. Dave Valeasquez bout was a war from start to finish. Both men came to fight and they held nothing back in the three round King of the Cage title bout, which Williams held as a special attraction for the Colusa crowd. Valencia, a kickboxer, dominated on the feet, while Valeasquez, a talented and clever grappler, worked on getting inside where he tried numerous arm and leg submissions. Going into the final round the fight was basically even, but Valencia, the kickboxer, threw grappler Valeasquez a curve and got top position in Valeasquez's guard, and landed several good shots to get the close decision. This was a great fight and the stock of both men is bound to climb because of their performance. Promoters pay fighters to fight, not just to win and both these men proved they were true gladiators.

If the enthusiastic crowd was any indication, this area might very well be a potential hotspot of future MMA activity.

Other impressive performances included good showings by Fabiano Iha student Quentin Jackson, who is an exciting warrior with a bright future; Ceasar Gracie protege Marty Armendedez, who showed an electric combination of skills in his victory; Chuck Lidell fighter Jake Shields, who showed ring savvy far beyond his experience level; and Buck Greer who gave a tough, solid, and measured performance. In the night's most bizarre decision, Kai Kamaka of Jesus is Lord lost a mystery decision while, on the ground he waved his hand at the referee in an attempt to alert him that his glove had come lose. When the

The best seat in the house.

Arum shooting on Bohlander.



Buck Greer in control.

ring official saw the motion, however, he stepped in and declared Joe Stevenson the winner by tapout! Kamaka tried to explain to the official the mistake, but without success. To his credit, Kamaka showed good sportsmanship, shook the hand of Stevenson, who appeared equally mystified by the turn of events, and left the ring quietly.

As exciting as the Valeasquez vs. Valencia fight was, the Bohlander vs. Arum feature fight was disappointing. Bohlander, as usual, came to fight and to give the crowd their money's worth. Unfortunately, Bohlander ran into a fighter, Arum, who presented the difficult strategy of jumping into Bohlander's guard, pushing him into the fence, and then proceed to land short elbows and punches that caused an accumulation of damage. For three rounds Bohlander fought to stand up, sweep, knee, punch - anything - only to be held down from the top and pressed against the cage. It was a winning strategy for Arum, but

Continued on page 84

Gladiator Challenge II Quick Results

LUPE BARAJAL
(Extreme Fighting 5'7" 165 lbs)
Won TKO 1R 2:00 over
DAVID PADILLA
(Jesus is Lord, 5'7" 164 lbs)

BOA QUATCH
(Next Generation, 5'5" 155 lbs)
Won 2R decision over
JOE CAMACHO
(Submission Factory 5'7" 155 lbs)

JASON LABERT
(Combat Grappling, 5'10" 239 lbs)
Won by keylock 3:45 1R over
JORGE LAVAMA
(Extreme Fighting 5'10" 225 lbs)

JEREMY EDWARDS
(Extreme Fighting, 5"10" 210 lbs)
Won by KO 1R 0:16 over
DAN NOLAN
(Millenia Jiu-Jitsu, 6'2" 210 lbs)

BRAIN SLEEMAN
(Dragons Lair, 5'8" 185 lbs)
Won 2R decision over
ATILLA BODOR
(Lions Den, 5'10" 180 lbs)

MARTY ARMENDEDEZ
(Ceasar Gracie, 5'10" 175 lbs)
Won by KO 1:15 1R over
DARY NELSON
(Freestyle Fighting, 5'10" 165 lbs)

QUENTIN JACKSON
(Fabiano Iha, 6'1" 215 lbs)
Won by TKO end 1R over
DAVE TAYLOR
(Betis Combat Grappling, 6'1" 220 lbs)

JAKE SHIELDS
(Chuck Liddell SLO Kickboxing, 6'0" 175 lbs)
Won by submision (rear naked choke) 3:19 2R over
RANDY VALERDY
(Betis Combat Grappling, 5'7" 170 lbs)

BUCK GREER
(Next Generation, 6'1" 195 lbs)
Won by decision, 2R over
PETE WERVE
(Dragons Lair, 6'1" 195 lbs)

CHARLIE VALENCIA
(Submission Factory, 5'3" 136 lbs)
Won by 3R decision over
DAVE VALEASQUEZ
(Extreme Fighting, 5'4" 135 lbs)

JOE STEVENSON
(Williams Combat Grappling, 5'9" 180 lbs)
Won by submission (cross-body neck crank) 2:16 1R over
KIA KAMAKA
(Jesus is Lord 5'10" 182 lbs)

ROMIE ARAM
(Millenia Jiu-Jitsu, 5'11" 199 lbs)
Won by 3R decision over
JERRY BOHLANDER
(Lions Den, 6'0" 199 lbs)

FABIANO IHA

The Brazilian King Midas

Every sport he touches turns to gold.

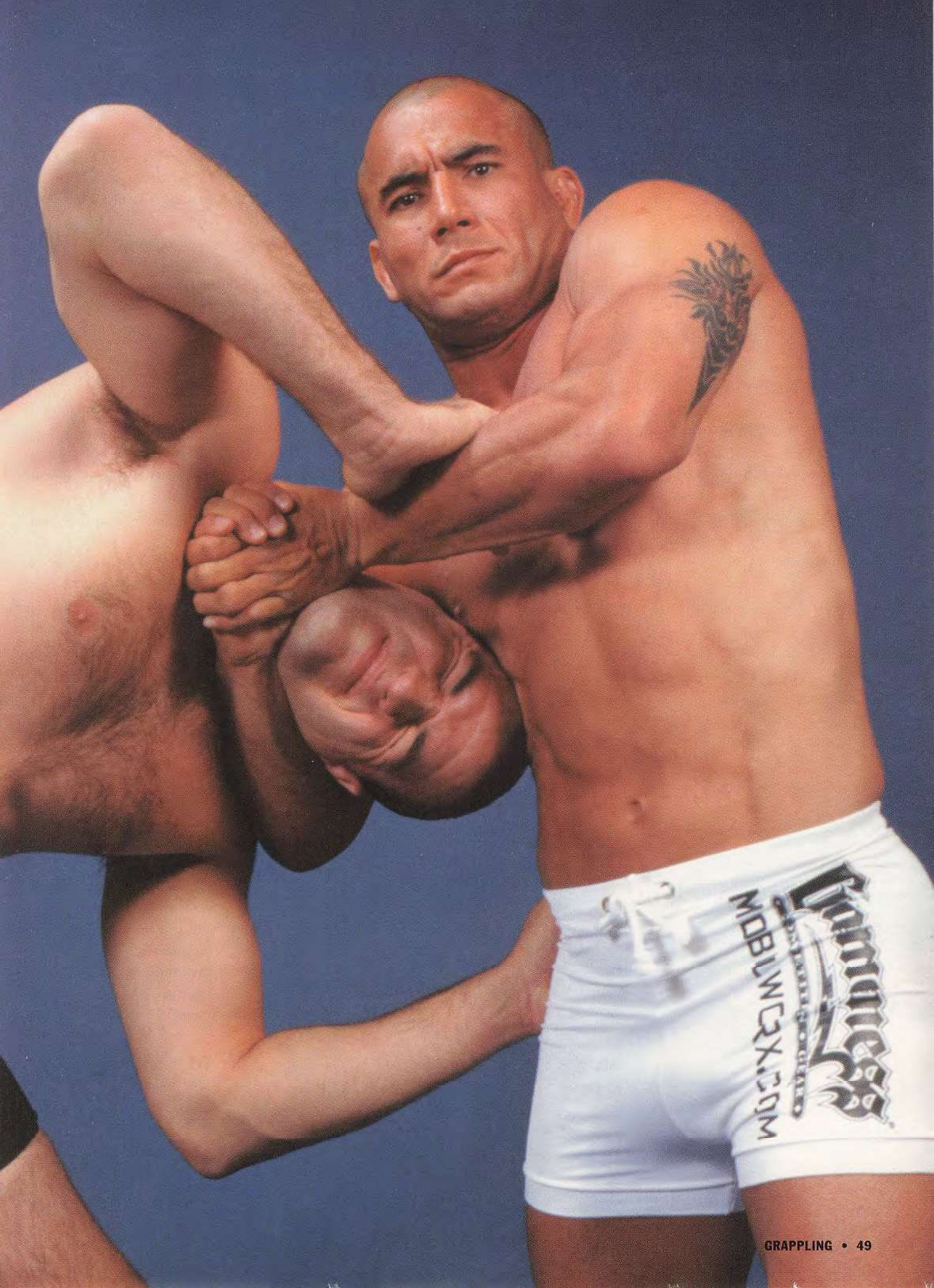
By Loren Franck

Few athletes become a national champion in one sport. But when a superathlete becomes a national champion in six sports, all before age 25, you'd have to say he has a golden touch. Well, there is an athlete in mixed martial arts today who fits that description to a "T". You probably know this King Midas by another name: Fabiano Iha. If you're excited about no-holds-barred and the Ultimate Fighting Championships, you've seen him work his magic. One of mixed martial arts most affable fighters, the 30-year-old Iha vows to vanquish any opponent who dares to enter the Octagon with him.

Born and raised in Florianopolis, a picturesque city of about 250,000 people on the southeast coast of Brazil, Iha isn't the biggest grappler you'll ever see. But at a rugged 5'8" and 170 pounds, he's one of the toughest, most feared, and most respected. Ambitious? He wrote the book on the world. He wants everything - fame, glory, and cash - and he's willing to pay the price in blood, sweat, and tears to get them.

When you first see Iha in action, it's tempting to think his masterful fighting skills will eventually make him king of the ring. Resist that temptation. Although Iha is one of the most lethal fighters in the sport, the secret of his success is his mind, not his lithe, ultrafit body. In time, one can't help but believe that Iha *will* have it all simply because he wants it so badly. What's driving Iha to greatness? Why is he so determined to rule the ring? How did he became a Brazilian national champion in six major sports, including Brazilian jiu-jitsu?

Good questions. And there's no one more qualified to answer them than Fabiano Iha himself.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"I want to make a name for myself in the sport, too. I want to be the best. Every organization has a belt, and I want to win the belts from all the organizations."

Q: When did you move to the United States?

A: Six years ago. Actually, it was in March 1995.

Q: Why did you move here?

A: For years I had dreamed of opening my own jiu-jitsu academy, but I didn't feel the opportunity was right in Brazil. So a major reason I came to the United States was to open my own school. However, I'm not one to remain satisfied with just one project, so I also planned to compete in no-holds-barred, and I wanted to work in the movies.

Q: Did you play many sports in Brazil?

A: Oh, yeah. But I'll tell you only about those in which I was a Brazilian champion. First, I competed in speed cycling. I was a Brazilian champion in speed cycling the first time I tried. The sport came so easily to me that I surprised myself. After speed cycling, I switched to motocross racing. After that, I surfed. I was a Brazilian champion in those two sports also. I took up car racing next, also becoming a Brazilian champion. Then I focused my efforts on paragliding and Brazilian jiu-jitsu. I set three long-distance paragliding records in Brazil.

Q: You were a Brazilian national champion in all six sports?

A: Yes, but not all at the same time. I was only 9 years old when I first became a Brazilian champion in cycling. At ages 10 and 11, I was a Brazilian champion in motocross, but I didn't become a Brazilian champion in surfing until I was 14.

Q: When were you a Brazilian champion in jiu-jitsu?

A: Two times, in '94 and '95.

Q: How did you get so involved in sports?

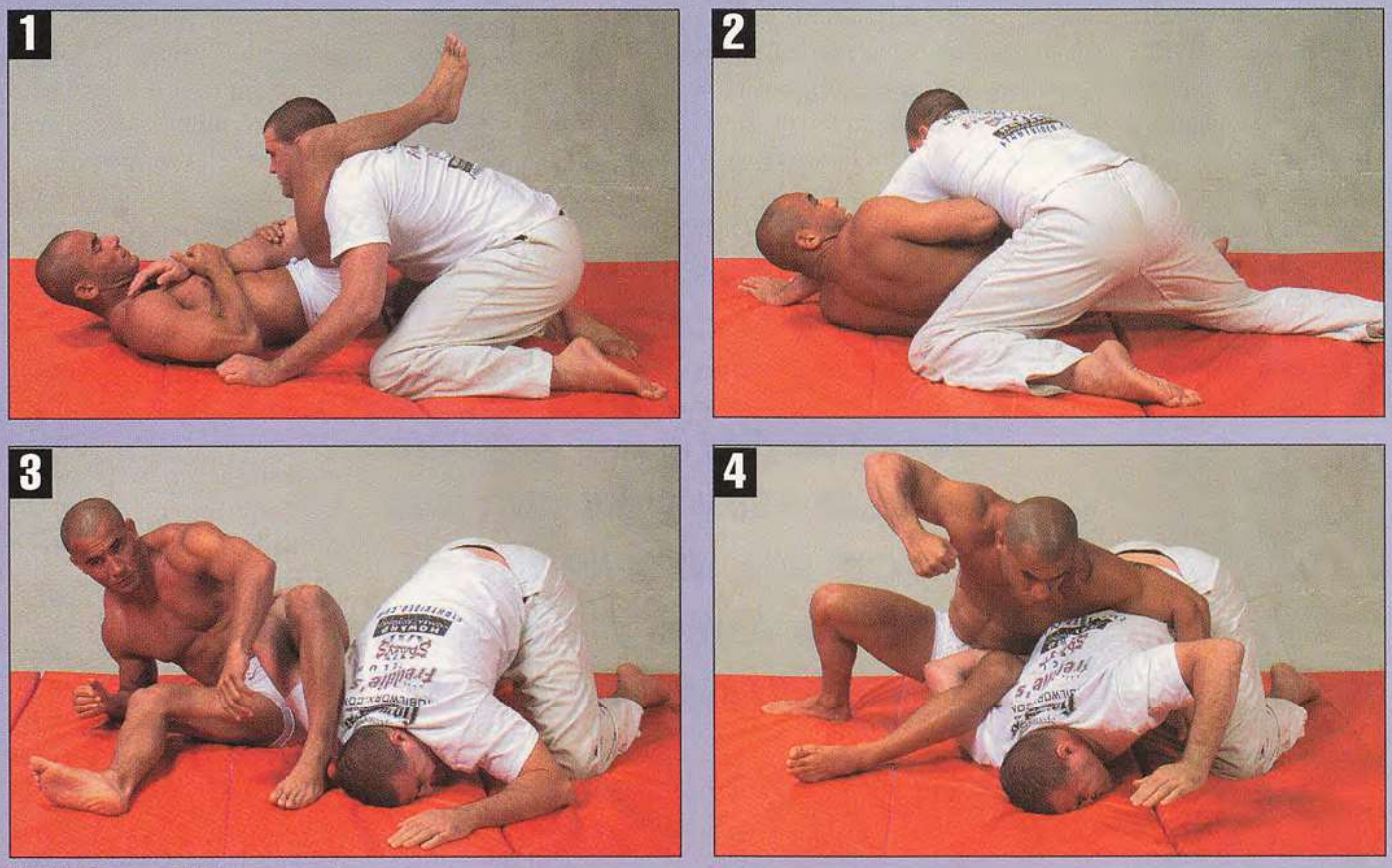
A: Through my dad. He was a well-built guy, a motocross racer, and he noticed that I was jumping from one sport to another. Whenever I won a Brazilian championship in one sport, I would get bored and change to another. But the new sport had to challenge me.

Q: You like challenges, don't you?

A: Definitely. I was never satisfied when I limited myself to one sport, so I always pursued something else. And I'm still that way.

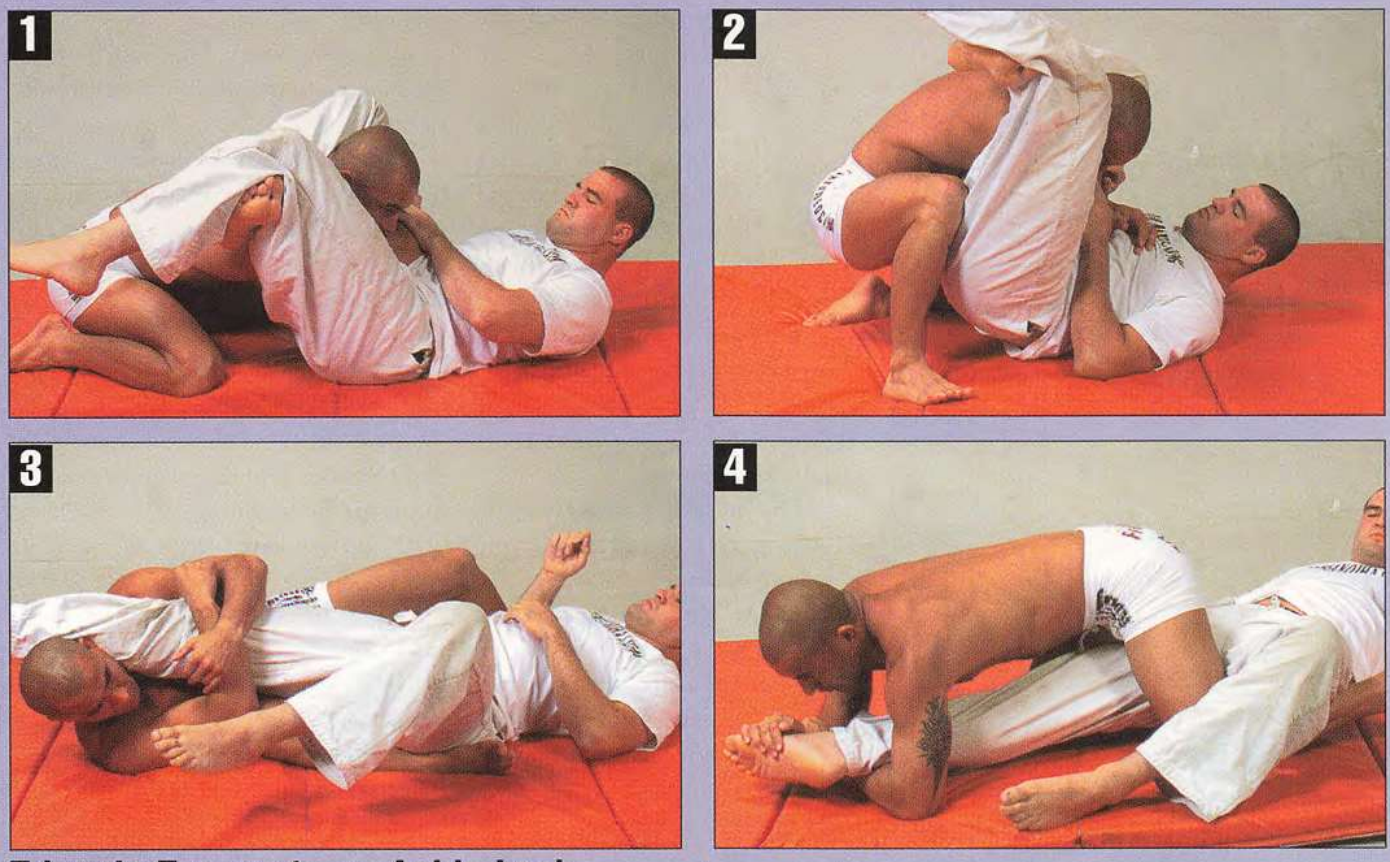
Q: Why did you start studying jiu-jitsu?

A: As I said, I loved and played all kinds of sports, but I'd never done the martial arts. While in Brazil, I heard



Half-Guard Reversal

Holding his opponent in the half-guard (1), Fabiano Iha slides to the side (2), sits up while maintaining arm control (3), and controls the waist while preparing to punch (4).



Triangle Escape to an Ankle Lock

Trapping in the triangle (1), Fabiano Iha straightens his back to create distance (2), slides to the knee (3), and secures the ankle for the finishing lock (4).

that jiu-jitsu was the best martial art to learn. So I said, "OK, I want to do that one." Also, it seemed that everyone in Brazil was learning jiu-jitsu. When I was 16, a friend began taking lessons, so I started at that time too.

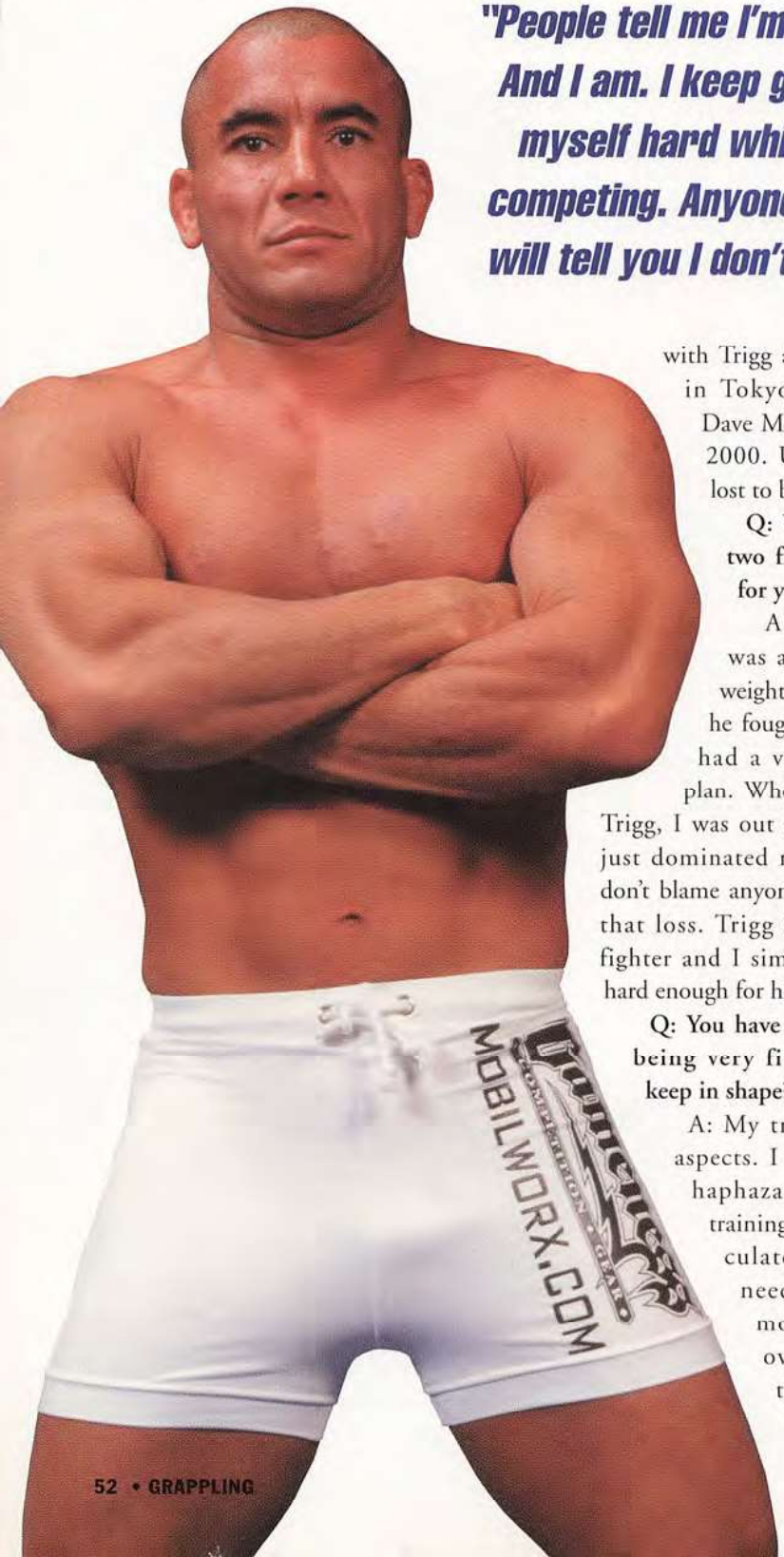
Q: Do you compete in Brazilian jiu-jitsu sport tournaments now?

A: Not anymore. Instead, I concentrate on no-holds-barred and the Ultimate Fighting Championships. I have 14 fights now: 11 wins and three losses. That's my real record and I'm proud of it. Some people have imaginary records and like to say that they're undefeated. But I don't like to be fake or to make things up. My record has been compiled against some very tough fighters.

Q: Who was your toughest opponent?

A: There were two. David Menne and Frank Trigg - neither was easy. I faced off with Trigg about a year ago in Tokyo and I fought Dave Menne in February 2000. Unfortunately, I lost to both.

"People tell me I'm very persistent. And I am. I keep going, and I push myself hard while training and competing. Anyone who knows me will tell you I don't give up easily."



Q: Why were these two fights so difficult for you?

A: Dave Manne was a different body weight than I was, and he fought my game. He had a very good game plan. When I faced Frank Trigg, I was out of shape and he just dominated my physically. I don't blame anyone but myself for that loss. Trigg is a very tough fighter and I simply didn't train hard enough for him.

Q: You have a reputation for being very fit. How do you keep in shape?

A: My training has two aspects. I don't work out haphazardly. All of my training is carefully calculated to meet my needs. First, every morning, I do an overall conditioning class, mostly cycling. I also run as part of my conditioning program. In addition, on Mondays, Wednesdays and Fridays, a personal trainer helps me with weight training. The second aspect of my training is fight preparation. I train in kickboxing, including muay Thai, and then I do jiu-jitsu at night. It's great. Basically I train all day.

Q: How long are your workouts?

A: About 90 minutes each. One is in the morning from 7:00 to 8:00. I start the next at 10:00 a.m., and it lasts until 11:30. A third workout begins at 1:00 p.m. and continues until 2:30. Sometimes, I nap between workouts, and I usually do a fourth workout at night.

Q: Do you earn your living from the martial arts?

A: Yes, I make a living from fighting, and I teach at least one martial arts class a day at my studio, the Fabiano Iha Academy in Huntington Beach, California. I have about 150 students. My classes are in Brazilian jiu-jitsu and no-holds-barred fighting techniques. I do the NHB classes without the gi and BJJ with the gi.

Q: Besides muay Thai and Brazilian jiu-jitsu, do you train in any other martial arts?

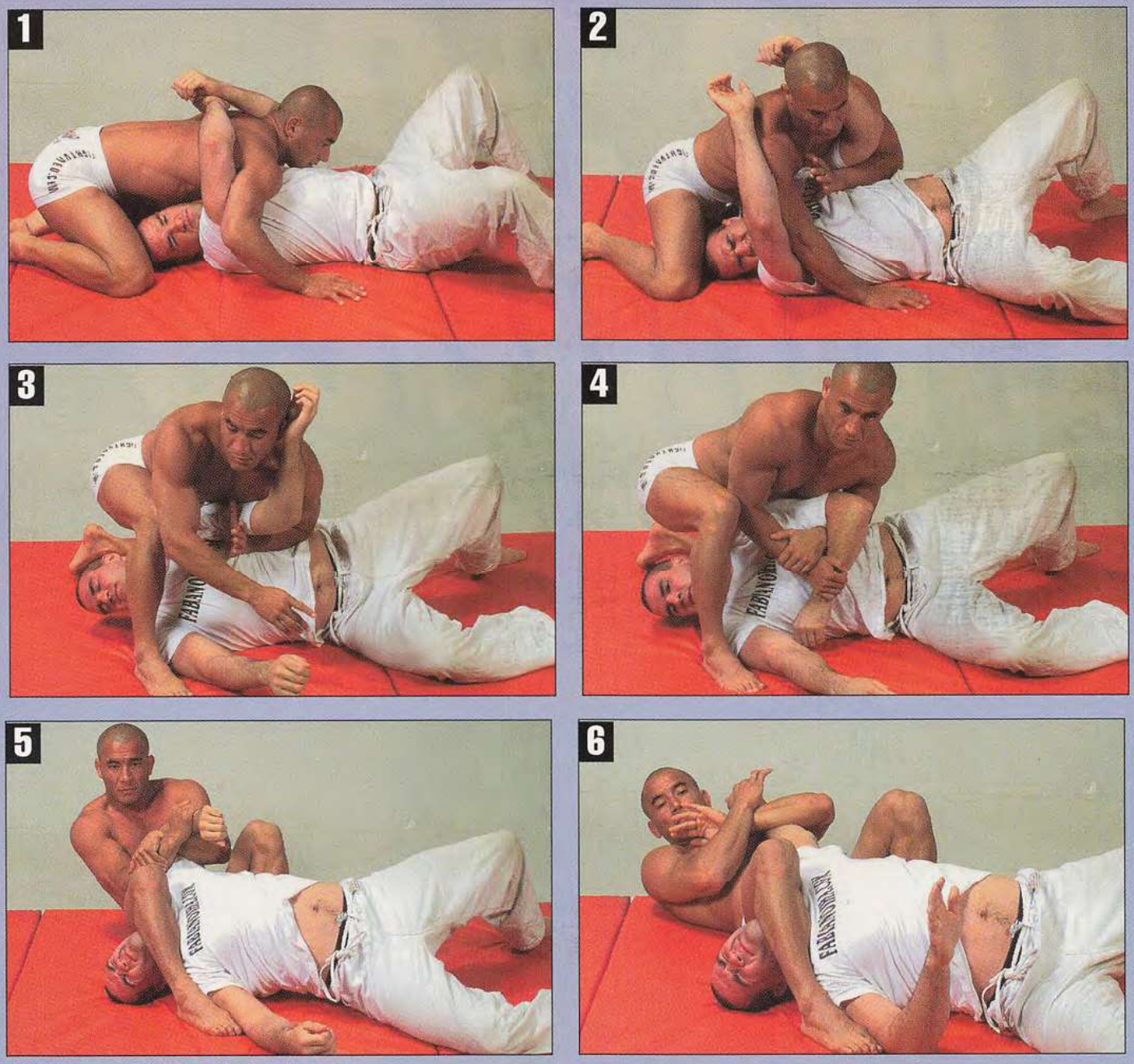
A: I also train in kickboxing, western boxing, and wrestling. Nowadays, in NHB, you can't just be limited to submission moves. Everyone knows how to strike and to kick and you have to train in that if you want to be competitive. The days of grapplers dominating everyone is over. Even Kerr and Coleman, the kings of ground-and-pound wrestling, train in other martial arts now. You have to cross-train in fighting.

Q: Do you have belts in any of these arts?

A: No, belts aren't that important to me. I study these arts so I can use them in my fighting and so I can teach them to my students. I'm not into the theory or the philosophy associated with the martial arts. The martial arts are literally hands-on tools for me.

Q: Which martial art helps you the most in the ring?

A: That's easy - jiu-jitsu. Although



Chest-to-Chest Arm Lock

Held by his opponent in a chest-to-chest position (1), Fabiano Iha breaks the grip by raising up to the side (2). Securing the arm (3), he passes his leg over the head to prevent and escape (4), leans back (5), and applies the finishing arm lock (6).

conditioning isn't a martial art, it helps me a lot, too. You know, it doesn't matter if you know a lot of jiu-jitsu by itself. Because if you're not in good shape, you won't be able to last long enough during a fight to defeat an opponent.

Q: Does the money you win make the fighting worthwhile?

A: Sure. But the money isn't the only reason I fight. I want to make a name for myself in the sport, too. I want to be the best. Every organization has a belt, and I want to win the belts from all the organizations. I'm trying to win the Ultimate Fighting Championship belt now.

Q: And your weight class?

A: I fight in the lightweight class, which goes up to 170 pounds. I'm right at the upper bodyweight limit.

Q: Have you every thought about sharing you training methods?

A: I'm doing a video right now that I'm really excited about - it should be available very soon. Produced by Panther Productions, it will focus on jiu-jitsu without the gi. Martial artists of all styles who are interested in no-holds-barred and the UFC will want to check it out because I teach how to do my most effective fighting techniques. It's something that anyone who competes in any martial art will be able to benefit from. Even without competition, the techniques are very good for real-life self-defense because I only teach methods that have been

Continued on page 88

UFC 30 Explodes

at the Taj Mahal in Atlantic City

By Todd Hester

Tito Ortiz, Fabiano Iha, Pedro Rizzo, and Jens Pulver all posted notable wins in the most exciting and impressive Ultimate in years.

There was a time when the Ultimate Fighting Championship was the talk of the town - check that - the talk of the country. In nearly every coffee room on a post-UFC Monday morning the weekend buzz would invariably include, "So did you see Royce Gracie fight Shamrock? That Tank Abbot is some kinda' crazy, ain't he? Just looking at Coleman scares the hell out of me! When Vitor punches you can't even see his hands!" Love it or hate it, everybody had an opinion on the "Ultimate," and in its heyday over 300,000 homes in America were glued to their sets to watch the drama unfolding inside the Octagon.

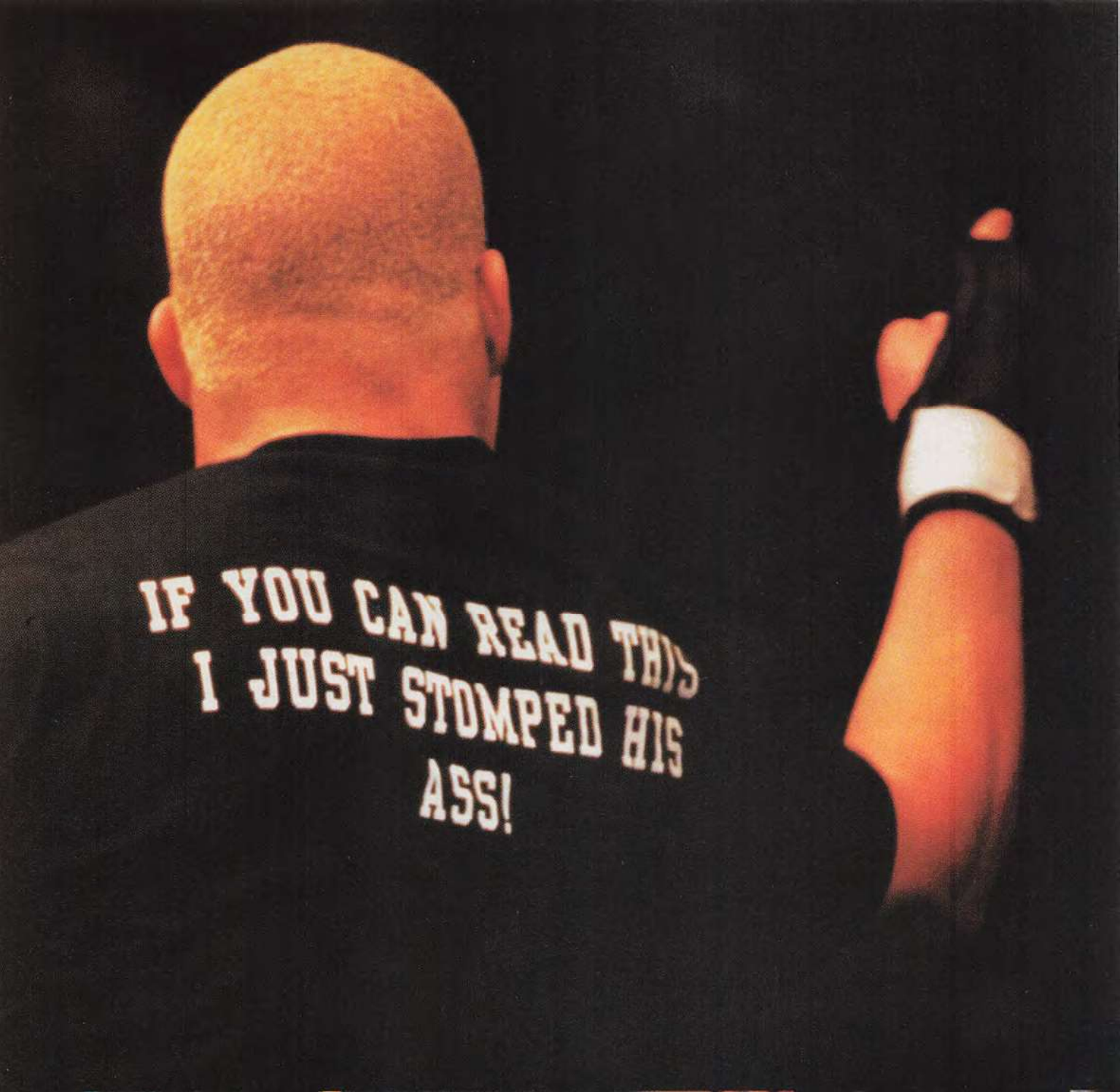
Somewhere along the way, though, the UFC lost their cable deal, and with it, their audience. But that's not all - they also lost their mystique, their mystery, and their myth. The sport became a spectacle, the bouts became brawls,

Ortiz vs. Tanner

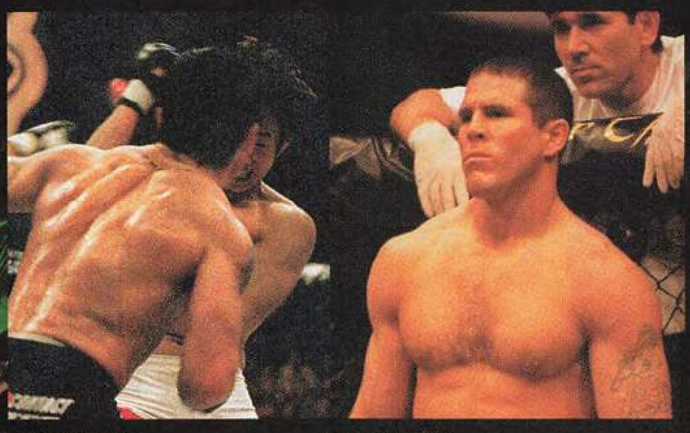
Sinosic vs. Horn

Iha with Marcus Vinicius

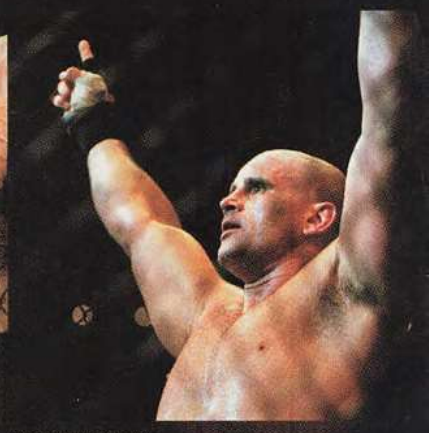
Barnett down for the count



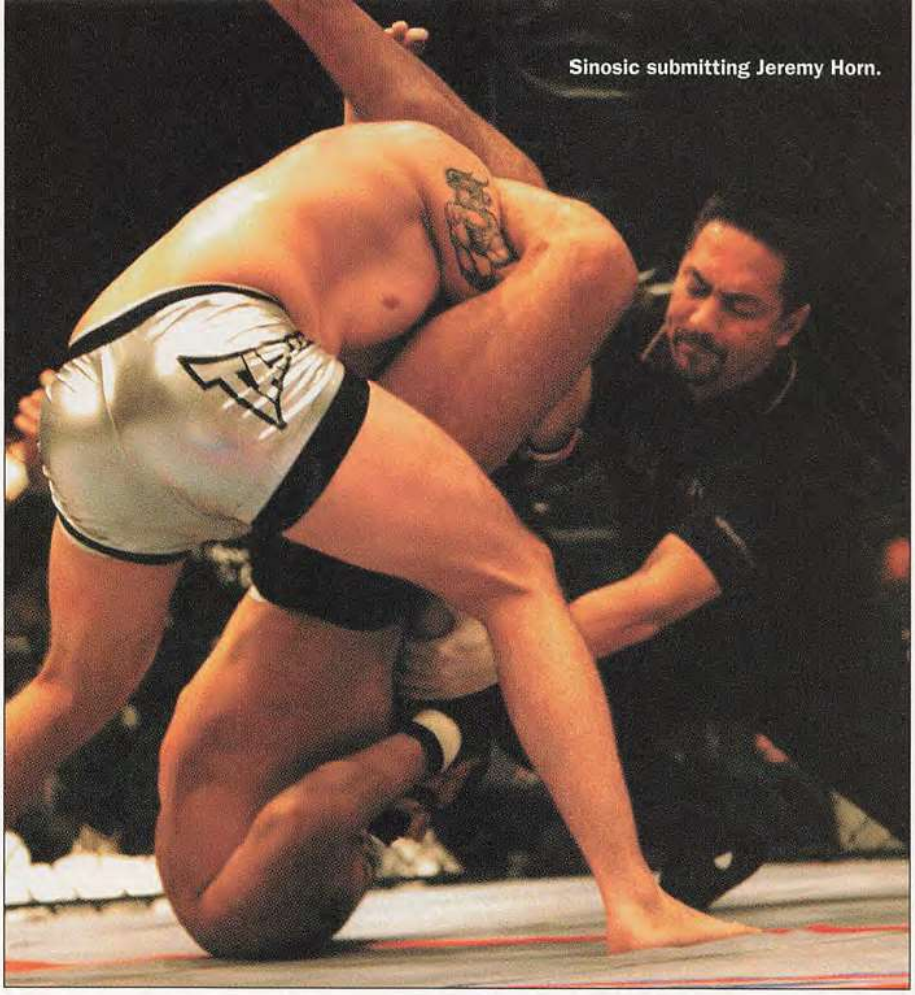
Pulver vs. Uno



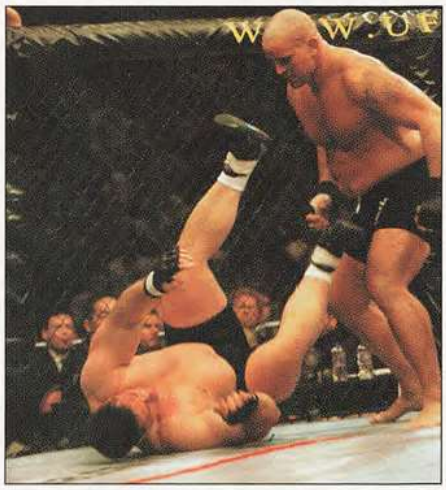
Evan Tanner



Bobby Hoffman



Sinosic submitting Jeremy Horn.



Hoffman sends Robinson to the mat.

and the supermen became mere toughmen. When the Gracie's, Coleman's, Shamrock's, and Abbot's of the game all moved on to Japan, pro-wrestling, or both, all that was left to remind us of the UFC glory days was ring announcer Bruce Buffer and referee Big John McCarthy.

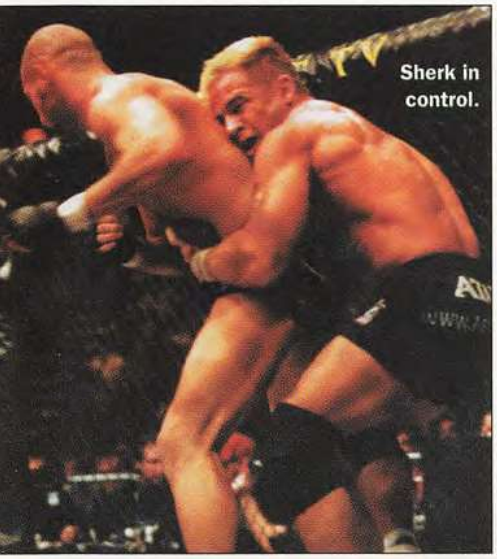
Well, guess what? Forget the past. There's a new posse in Dodge comprised of brothers Frank and Lorenzo Fertitta, and new UFC president Dana White. Not since the Earp brothers and Doc Holiday walked into the OK Corral with guns blazing have a band of men created so much noise in so short a time. And if their first UFC show is any indication of things to come better grab some espresso, stock up on cream and sugar, and meet at the coffee machine on Monday morning - the buzz is back.

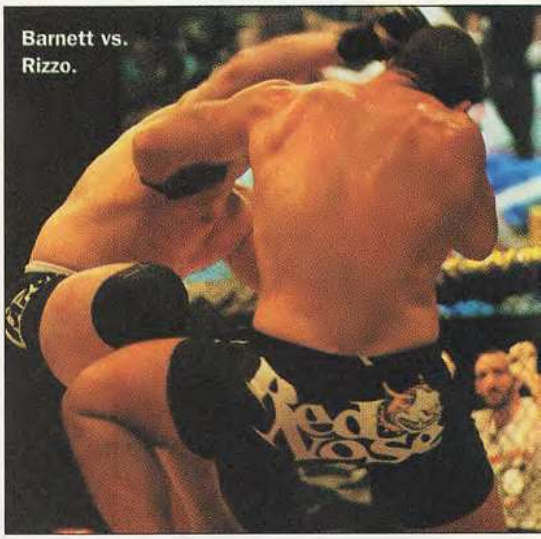
The Plan

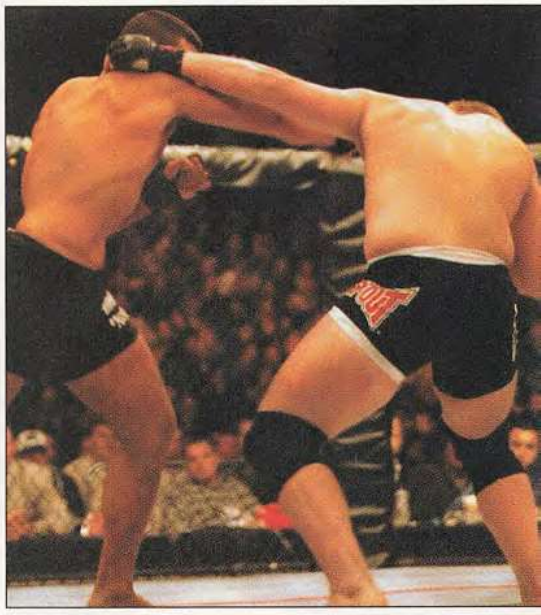
"Our goal," says Lorenzo, the most outgoing of the two Fertitta brothers, "is to bring the UFC back to the days when it was *the* show around the world. We don't just want to have a stable of UFC fighters, either. We'd like to have the UFC champions fight the champions of all the different fighting organizations such as Pride, Pancrase, Shooto, or whoever. The days of the UFC being second class are over. We want to model the UFC after boxing, where contenders make their way into the top ten and then fight their way up to a title shot. We're in this game for the long haul, and we feel

that as UFC champions fight champions from other organizations that it will generate tremendous interest in no-holds-barred throughout America. This sport is safer and more exciting than boxing, we just have to get the word out."

"Of course," adds Dana White, new UFC president, "we'd love to get back onto Viewers Choice cable, like where the UFC used to be, and that's what we're working towards. And we don't think that we'll have to change the rules in order to get there - the current rules of the UFC are exciting and yet safe. The fact that it is sanctioned in New Jersey, which has one of the most respected athletic commissions in America, and one of the most respected commissioners in Larry Hazard, speaks for itself. We don't have to eradicate the opposition to the sport, we just have to educate them."


Sherk in control.

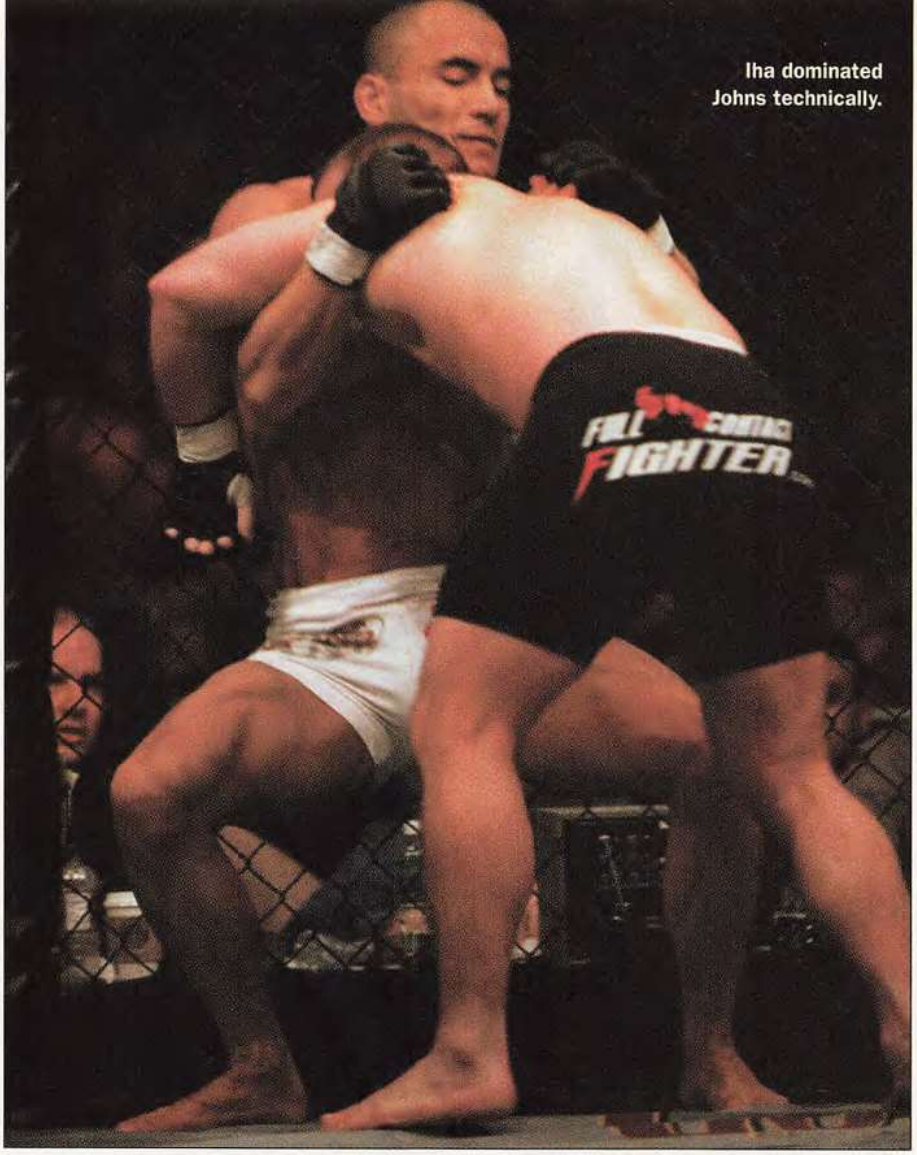

Barnett vs. Rizzo.



Sherk and Ghosen in a tough match.

The Card

Their first show was a virtual sell-out with long lines forming in front of the 5,000 seat Taj Mahal showroom an hour before the fight; no small feat when you consider that the entire East Coast was socked in by an unexpected snowstorm that same weekend. While a large portion of the attendance can be attributed to the aggressive marketing campaign that the new UFC owners conducted prior to the event, it is also a testament to the new UFC stars that have been groomed to carry the NHB torch in America. Without a doubt, with the retirement of Frank Shamrock, the current UFC poster

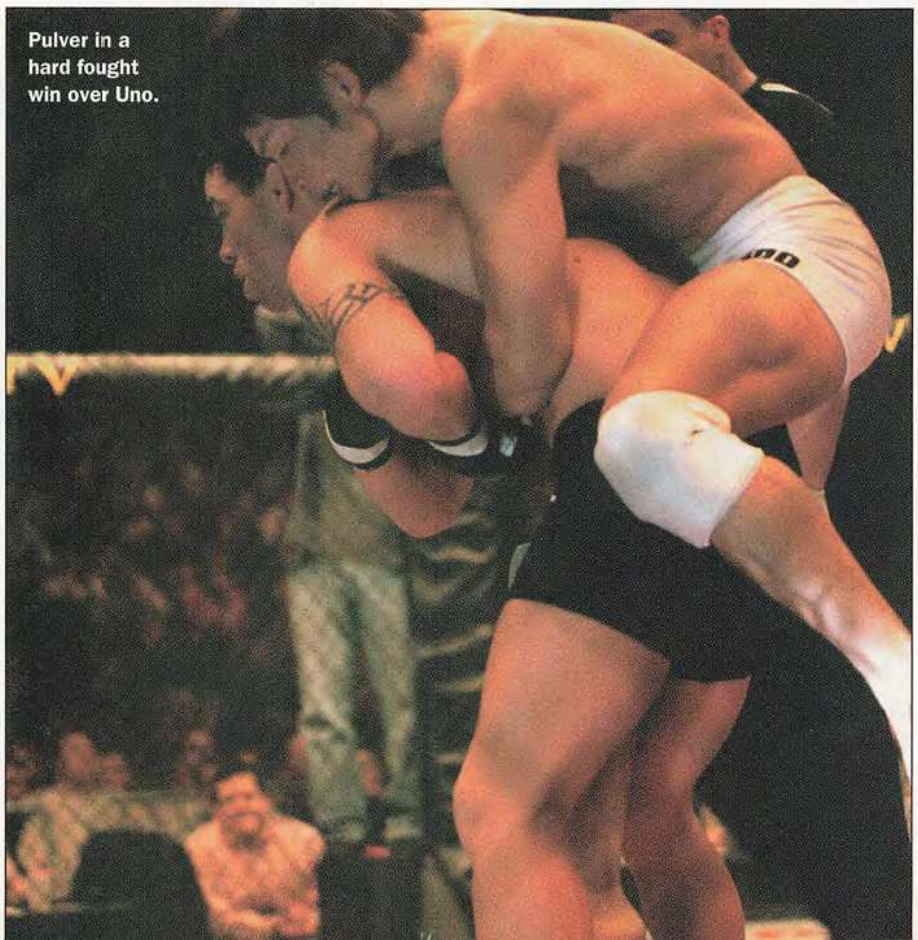


Iha dominated Johns technically.

experts felt would exploit Ortiz's perceived weakness in the stand-up game and KO him in the later rounds. Other intriguing match-ups included Shooto sensation Kaoru Uno from Japan, universally admired for his inventive and unpredictable style, against tough-as-nails Iowan Jens Pulver for the bantamweight title, ground-fighting specialist Josh Barnett against punch-out artist and former UFC Heavyweight champ Pedro Rizzo from Brazil, and Bobby Hoffman against amateur sumo world champion Mark Robinson from South Africa. Also thrown into the mix was veteran star Jeremy Horn against the seemingly overmatched Elvis Sinosic from Australia, and exuberant Brazilian submission artist

boy is Californian Tito Ortiz, the former protégé' of Tank Abbot who now spends his time training with Fabiano Iha, fighting guru John Lewis, and the vastly underrated Chuck Liddell.

To the UFC's credit, Ortiz was not given a walkover by any means; he was matched against the versatile and dangerous Texan, Evan Tanner, who many


Pulver in a hard fought win over Uno.

Tito's dominating power.

UFC XXX: Battle on the Boardwalk

TRUMP TAJ MAHAL · FEBRUARY 23, 2001 · ATLANTIC CITY, NJ

Tito Ortiz, UFC Middleweight Champion Huntington Beach, CA; 6'2", 200 lbs.
Defeated by body slam, 20 sec. R1
Evan Tanner #1 Middleweight Contender, Amarillo, TX; 6', 197 lbs.

Jens Pulver, UFC #1 Bantamweight Contender, Davenport, Iowa; 5'7", 153 lbs.
Defeated by 5R unanimous decision
Kaoru Uno, #1 World Ranked Bantamweight, Kanagawa, Japan, 5'7", 153 lbs.

Pedro Rizzo, Rio de Janeiro, Brazil, 6'1", 234 lbs.
Defeated by KO, 4:21 R2
Josh Barnett, Seattle, WA, 6'3", 256 lbs.

Bobby Hoffman, Bettendorf, Iowa, 6'2", 253 lbs.
Defeated by KO 3:27 R1
Mark Robinson, Johannesburg, South Africa, 6', 285 lbs.

Elvis Sinosic, Sydney, Australia, 6'3", 196
Defeated by arm-bar tapout, 3:27 R1
Jeremy Horn, Davenport, Iowa, 6'1", 200 lbs.

Fabiano Iha, Huntington Beach, CA, 5'6", 168 lbs.
Defeated by armbar tapout, 1:47 R1
Phil Johns, Canton, IL, 5'2", 158 lbs.

PRELIMINARY BOUTS

Sean Sherk def. **Tiki Ghosen**, submission, 4:40, R2

Phil Baroni def. **Curtis Stout**, 2R decision

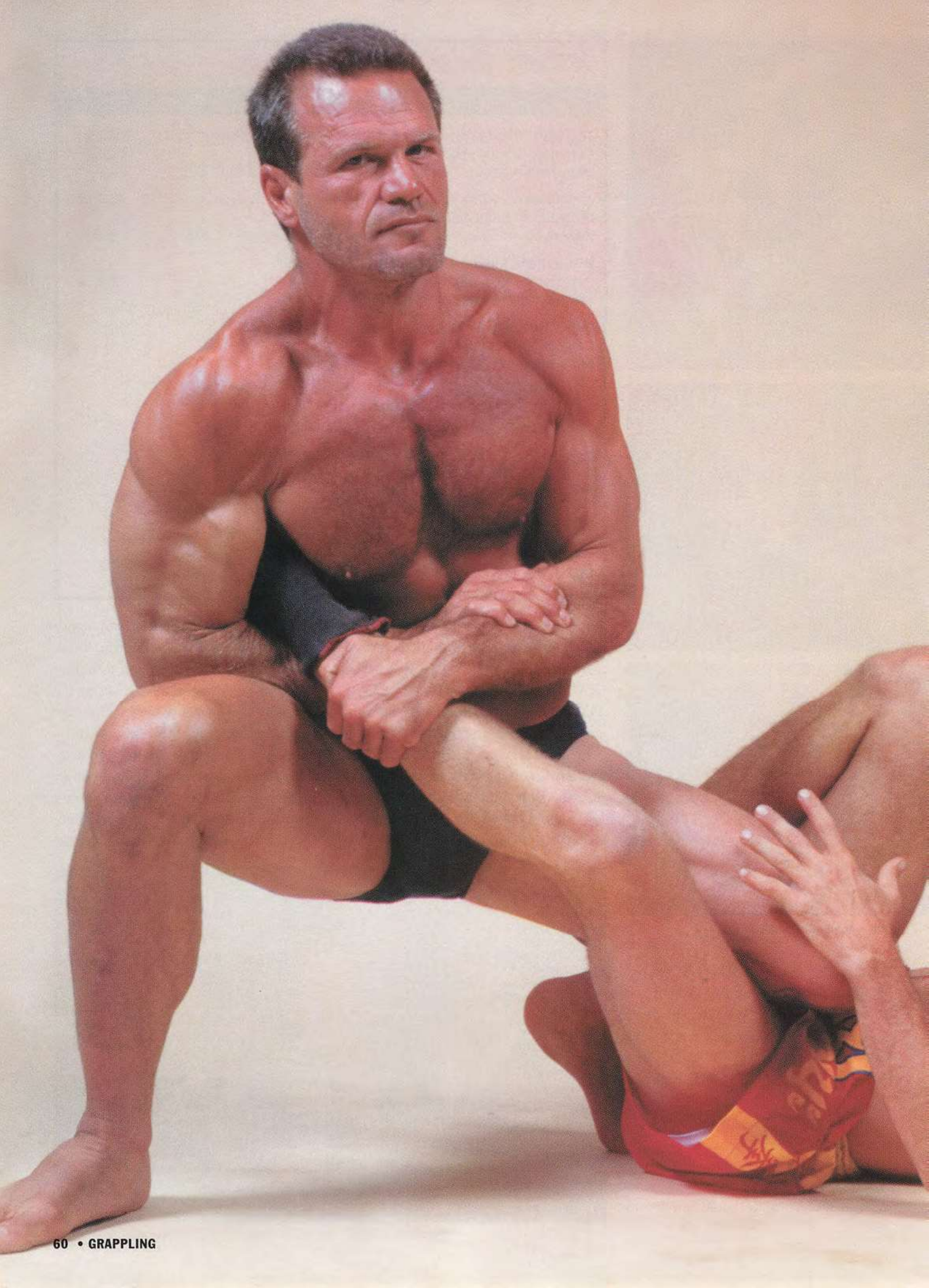
Fabiano Iha from California against strong wrestler Phil Johns. Every match had exciting contrasting stylistic elements and almost any of these fights would have been a feature match at any show other than the UFC. It was truly a night of champions.

The Fights

The first two men to enter the Octagon, to a pulsing laser light show, pounding mood-setting music (a grounding and pounding mood, that is) and enthusiastic cheers from the crowd, were heavyweights MARK ROBINSON (6'3", 285) vs. BOBBY HOFFMAN (6'2", 253). South African Robinson, the world amateur sumo champion who has been very impressive at Abu Dhabi, was making his first NHB appearance and took the fight on only two weeks notice. His dubious "reward" was to be matched up with the strong and skilled Bobby Hoffman from Iowa, not an easy opponent with even two *month's* notice. In the opening moments of the fight, Robinson showed his crushing power by forcing the muscular Hoffman up against the cage with seeming ease. However, once he gained the superior position, Robinson didn't seem to know what to do with it, neither striking, kicking, or taking Hoffman down to go for the submission.

Continued on page 82

New UFC owners Frank and Lorenzo (rt.) Fertitta, with Tito Ortiz.

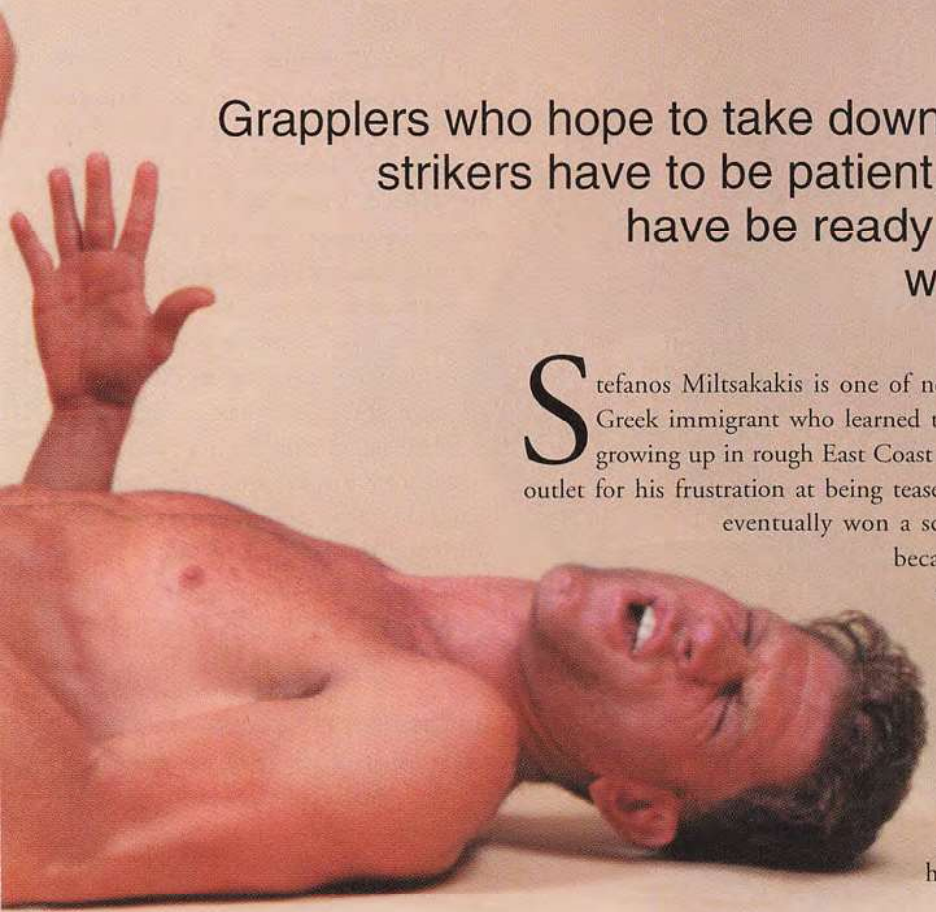


Stefanos Miltsakakis

Takedowns FROM THE Clinch

By Todd Hester

Grapplers who hope to take down skilled and dangerous strikers have to be patient, have to be smart, and have be ready to commit immediately when an opening arises.

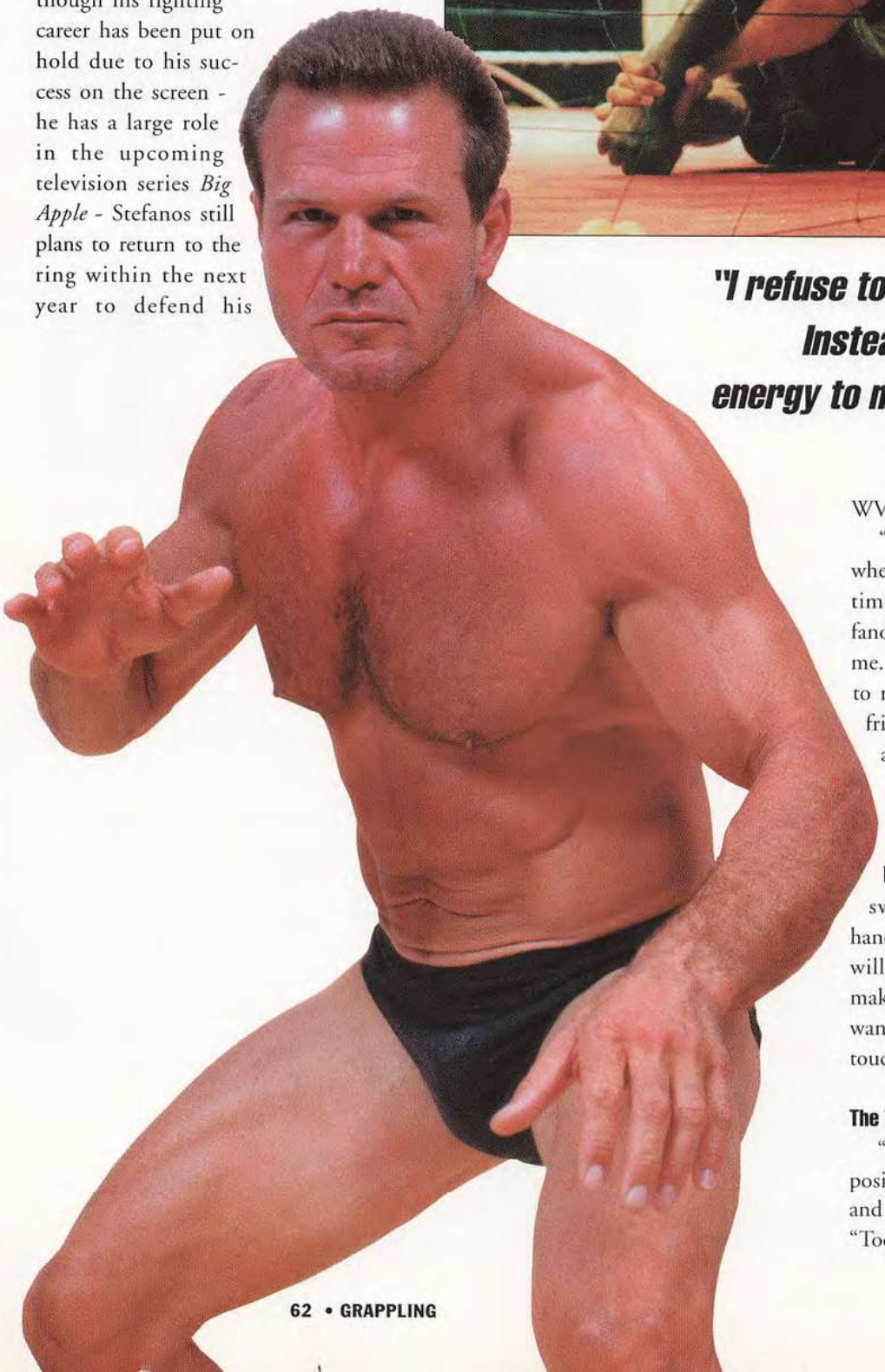


Stefanos Miltsakakis is one of no-holds-barred most well-rounded fighters. A Greek immigrant who learned to fight out of necessity during his early teens growing up in rough East Coast neighborhoods, Stefanos found in wrestling an outlet for his frustration at being teased for being an "outsider with an accent." He eventually won a scholarship to North Carolina State where he became an All-American wrestler and eventually won a berth on the Greek Olympic team. Bitten by the acting bug after getting a part as an extra in the Van Damme movie, *Cyborg*, Stefanos moved to Los Angeles in the early '90s where he began pursuing his acting career. It wasn't long before he made the acquaintance of Rickson Gracie and also Rob Kaman, two fighters who added greatly to his wrestling skills by introducing him, respec-

tively, to the arts of Brazilian jiu-jitsu and muay Thai, which Stefanos considers the world's two most efficient combat arts.

Eventually landing larger and larger rolls in action films and television shows, and currently appearing as a semi-regular on the hit series *Nash Bridges*, Stefanos never forgot about his fighting roots. With a desire to test himself, he eventually agreed to a fight in Aruba for the WVC World Superfight Championship, a fight he won against Joe Charles, and a title he still holds to this day. Even though his fighting career has been put on hold due to his success on the screen - he has a large role in the upcoming television series *Big Apple* - Stefanos still plans to return to the ring within the next year to defend his WVC title.

Stefanos submitting Joe Charles.



"I refuse to let fear intimidate me. Instead, I focus and use that energy to my advantage. Fear can be your best friend."

"Personally, I think I do my best work when I'm most afraid, because that's the time my instincts are most alive," Stefanos says. "I refuse to let fear intimidate me. Instead, I focus and use that energy to my advantage. Fear can be your best friend. Some people get addicted to the adrenaline. Controlling it requires some form of meditation. It is considerably easier to meditate on a beautiful sunset than in the heat of battle fighting on the front line with a sword or a spear or with your bare hands. I'll always look for situations that will scare the hell out of me, that will make me shake with fear. That is why I want to continue to fight. It keeps me in touch with fear."

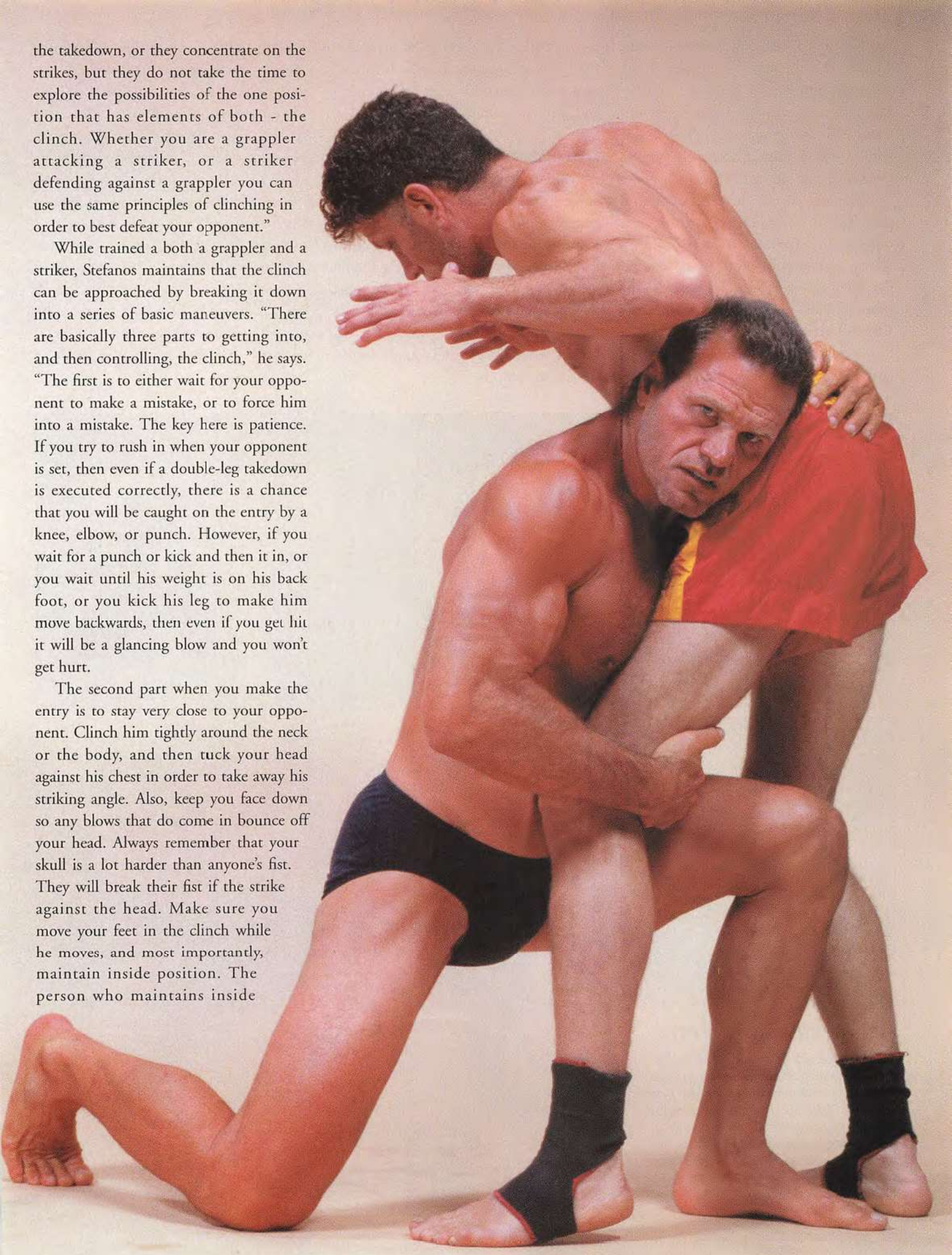
The Three Keys to the Clinch

"I believe that one of the most basic positions that applies to both grappling and striking is the clinch," Stefanos says. "Too many people either concentrate on

the takedown, or they concentrate on the strikes, but they do not take the time to explore the possibilities of the one position that has elements of both - the clinch. Whether you are a grappler attacking a striker, or a striker defending against a grappler you can use the same principles of clinching in order to best defeat your opponent."

While trained a both a grappler and a striker, Stefanos maintains that the clinch can be approached by breaking it down into a series of basic maneuvers. "There are basically three parts to getting into, and then controlling, the clinch," he says. "The first is to either wait for your opponent to make a mistake, or to force him into a mistake. The key here is patience. If you try to rush in when your opponent is set, then even if a double-leg takedown is executed correctly, there is a chance that you will be caught on the entry by a knee, elbow, or punch. However, if you wait for a punch or kick and then it in, or you wait until his weight is on his back foot, or you kick his leg to make him move backwards, then even if you get hit it will be a glancing blow and you won't get hurt.

The second part when you make the entry is to stay very close to your opponent. Clinch him tightly around the neck or the body, and then tuck your head against his chest in order to take away his striking angle. Also, keep you face down so any blows that do come in bounce off your head. Always remember that your skull is a lot harder than anyone's fist. They will break their fist if the strike against the head. Make sure you move your feet in the clinch while he moves, and most importantly, maintain inside position. The person who maintains inside



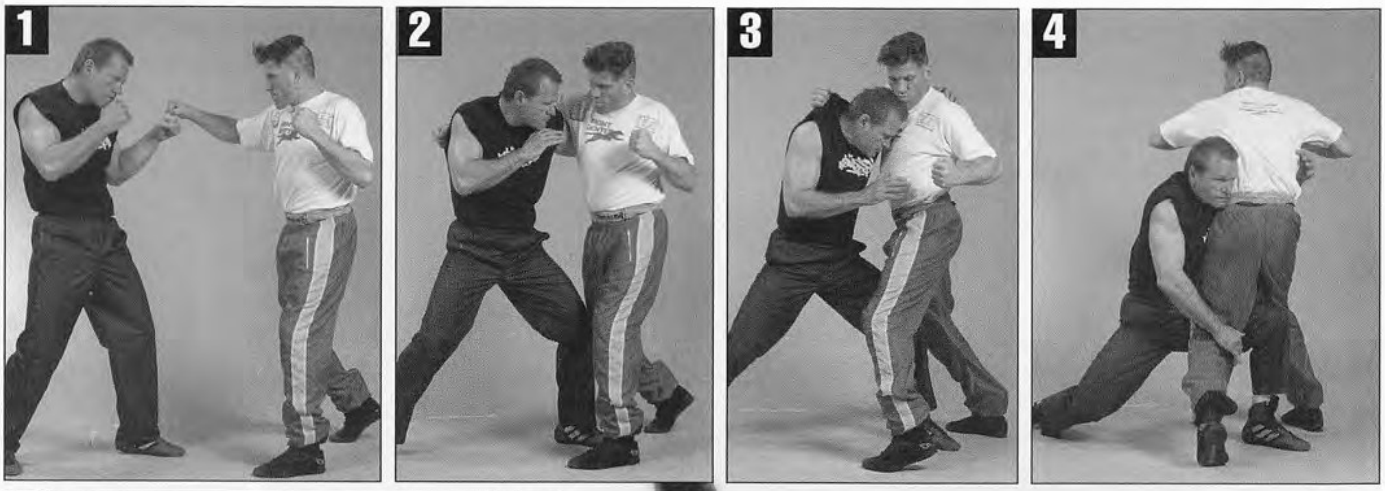
position in a clinch will be the one who controls the clinch. This means keeping your arms inside of his arms, and not letting him into your body. Fight him constantly. Always be moving to keep inside control. More than anything else, this is the key to controlling the clinch.

The next part is the takedown and, like the entry, should come off your opponent's mistake. When I'm in a clinch, and have my head tucked and am maintaining inside control, I hope that he throws a knee or a punch at me because this will give me the opening I need in order to take him down. He is unbalanced when he attacks as long as I have maintained inside control. So there is no need for me to expose myself - I just need to wait for the attack, feed off his energy, and then take him to the ground."

Common Mistakes

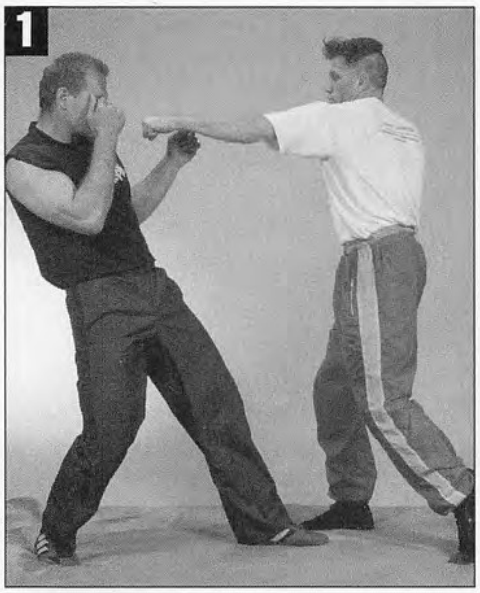
Most mistakes made from the clinch come from a lack of patience and from trying to much to force the action, Stefanos maintains. An avid reader of historical battles and somewhat of a scholar when it comes to the classic battle strategies of such generals as Alexander the Great, Stefanos says that the lessons learned from history can be applied inside the ring as well.

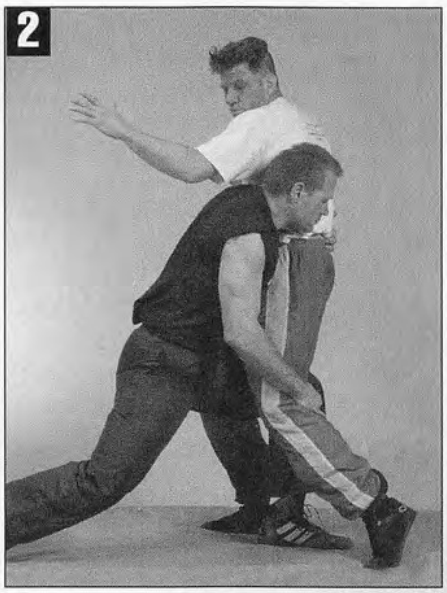
"You have to be patient," Stefanos insists. "But when the time comes to act, you must act decisively and without hesitation. Personal combat is all about strategy, especially when you are a grappler taking down a striker. You have to be especially careful to not get caught and that means biding your time and waiting for a mistake. But when you see an opening, act quickly. More than anything else you're playing a game of chess, and to successfully come in on a striker, clinch with him, and then take him to the ground, you have to be smart, wait for an opening, and then strike like a bolt of lightening."

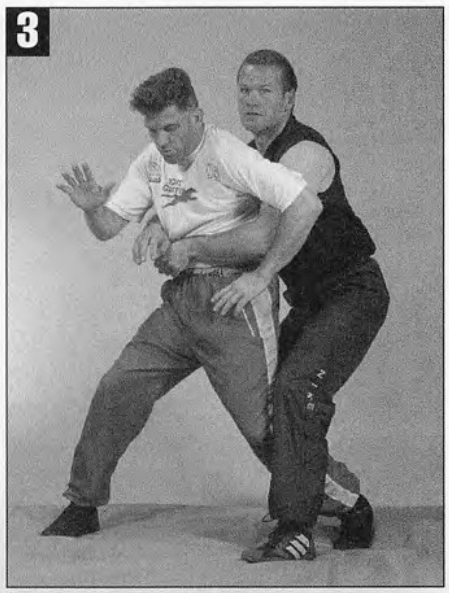


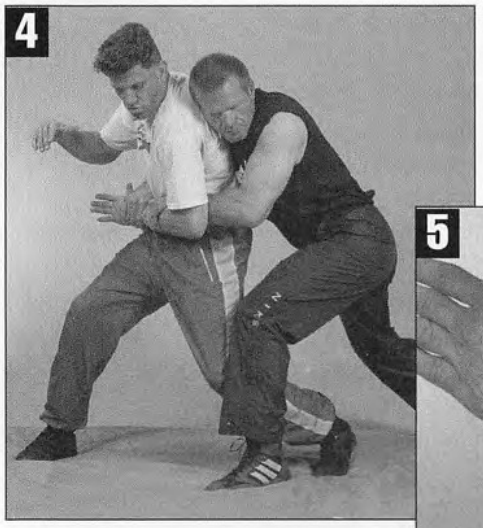
Clinch and Takedown Against a Right Punch

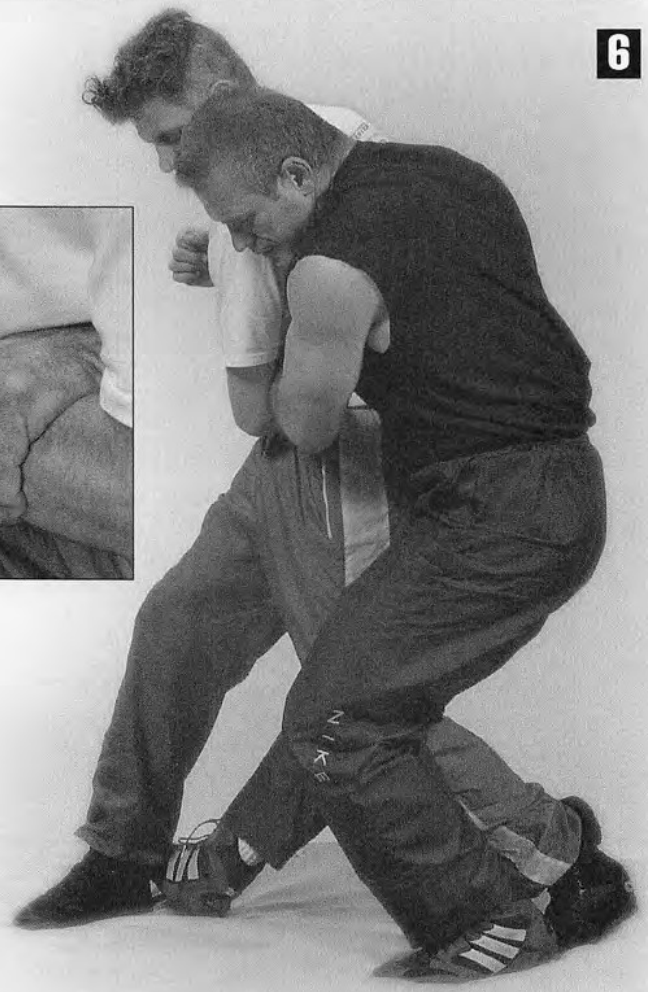
Facing opponent Maurice Travis, Stefanos Miltsakakis waits for the punch (1), blocks and steps inside (2), and clinches tightly with his head against the chest, while maintaining inside control (3). When his opponent punches, Stefanos ducks under the blow and grabs the leg (4), and takes his opponent to the ground (5-6).

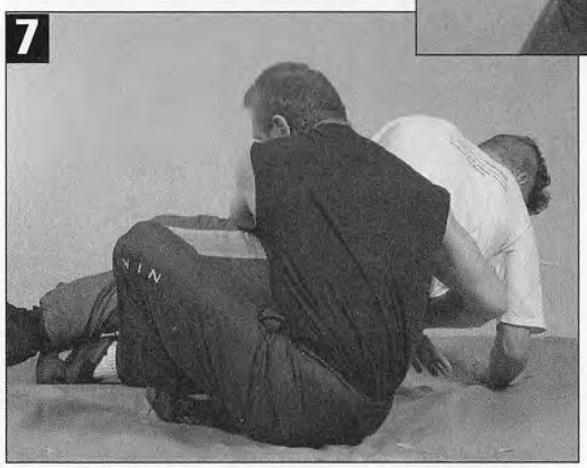






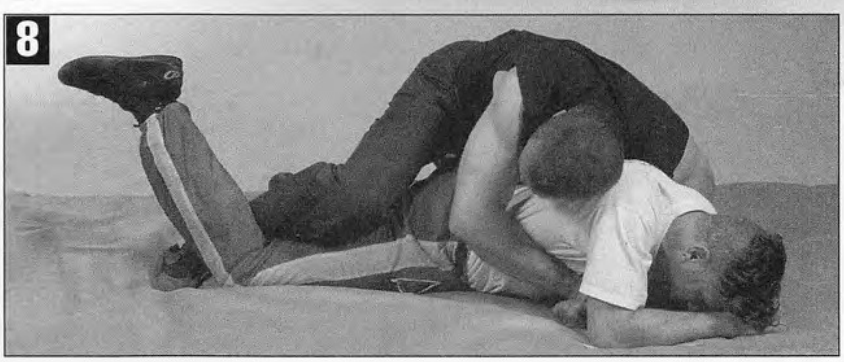


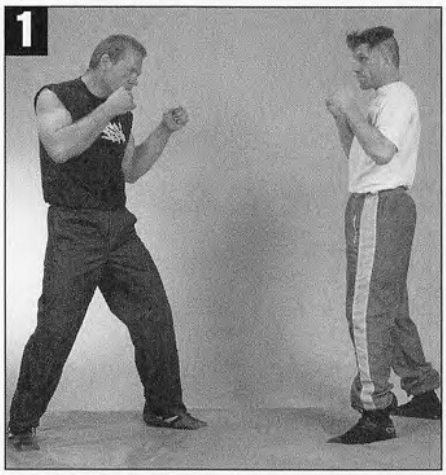


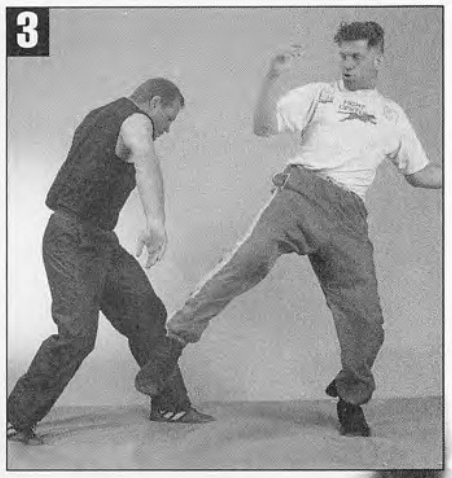


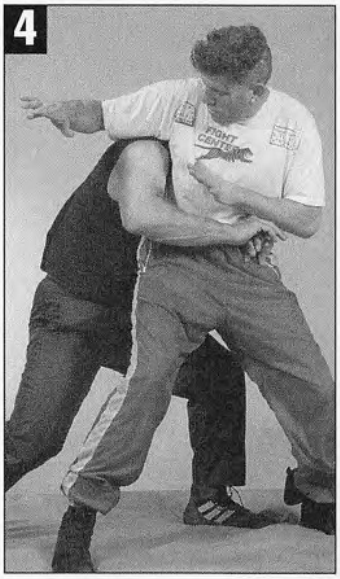
Clinch and Takedown Against a Left Punch

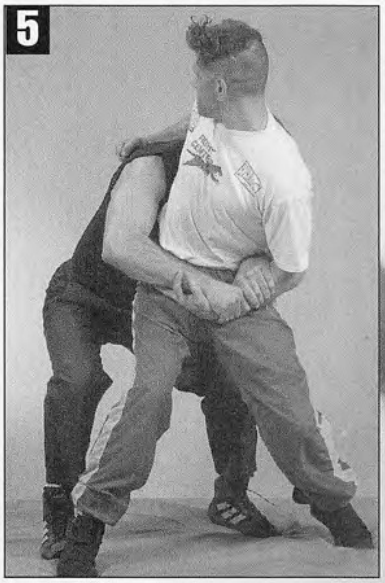
Stefanos Miltsakakis leans back to avoid the blow from opponent Maurice Travis (12). Stepping inside he clinches tightly (13), spins to the back (14), and places his face tightly against Travis' back to avoid potential back-fists or elbows (15). Controlling his opponent by a double-handed grip (16), Stefanos then puts his leg out (17), trips his opponent down (18), and gains back control (19).

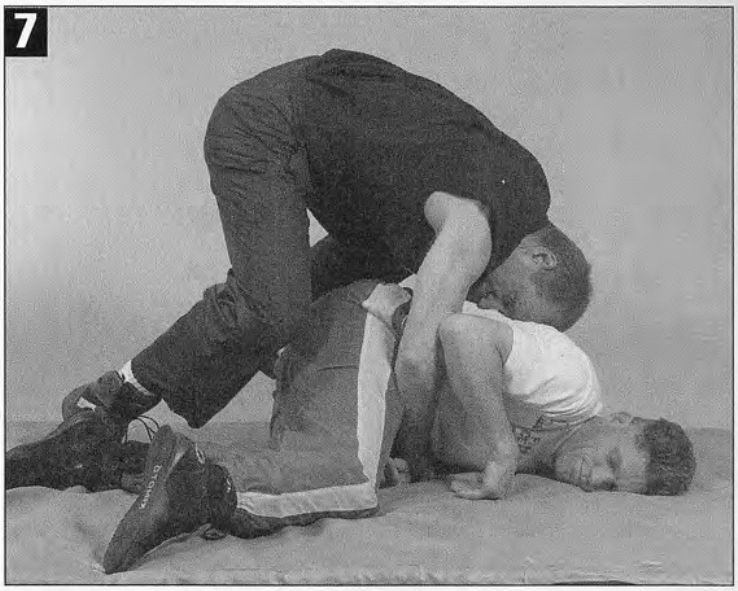








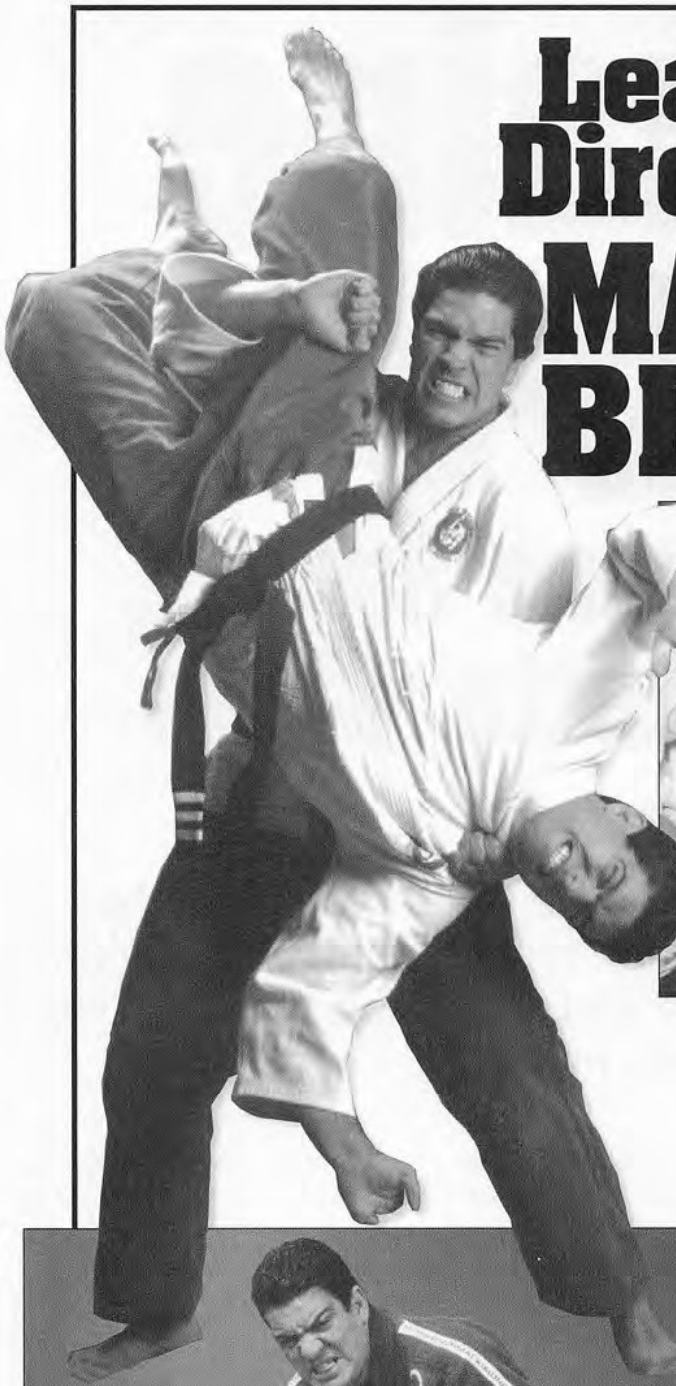


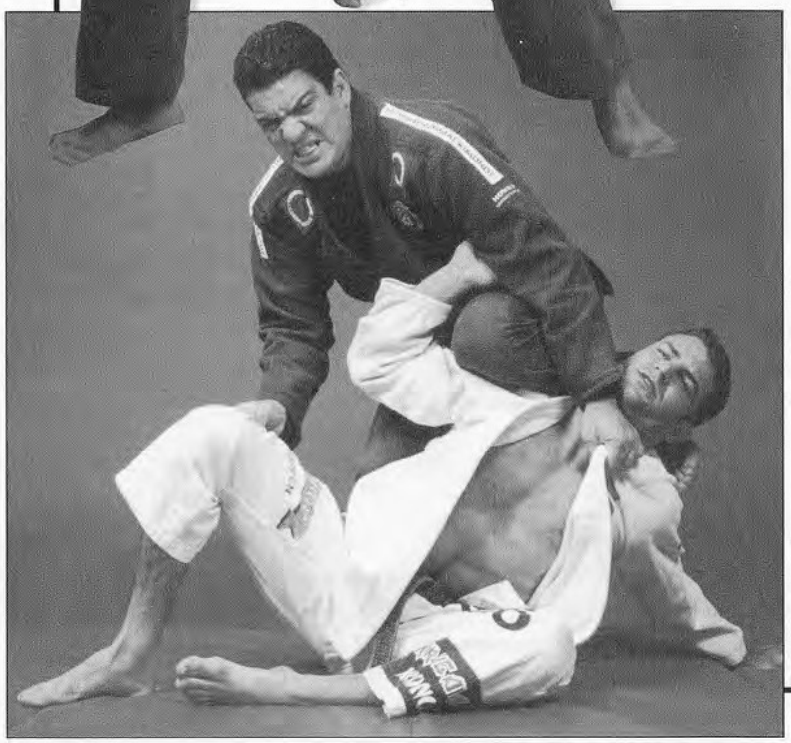


Clinch and Takedown Against a Front Kick

Stefanos Miltsakakis faces opponent Maurice Travis (1). Blocking Travis' kick to the inside (2), Stefanos throws down the leg (3), and gains the inside clinch against Travis' back (4). Travis' attempted elbow strike is ineffective because of Stefanos' tight spacing (5), and gives Stefanos an opening to lift Travis into the air (6), and slam him to the ground where Stefanos gains top control (7).

Learn the Art Directly *from the* MACHADO BROTHERS!





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Jermaine Andre

Some Bash, Some Splash, and a Whole Lotta' Class

By Todd Hester

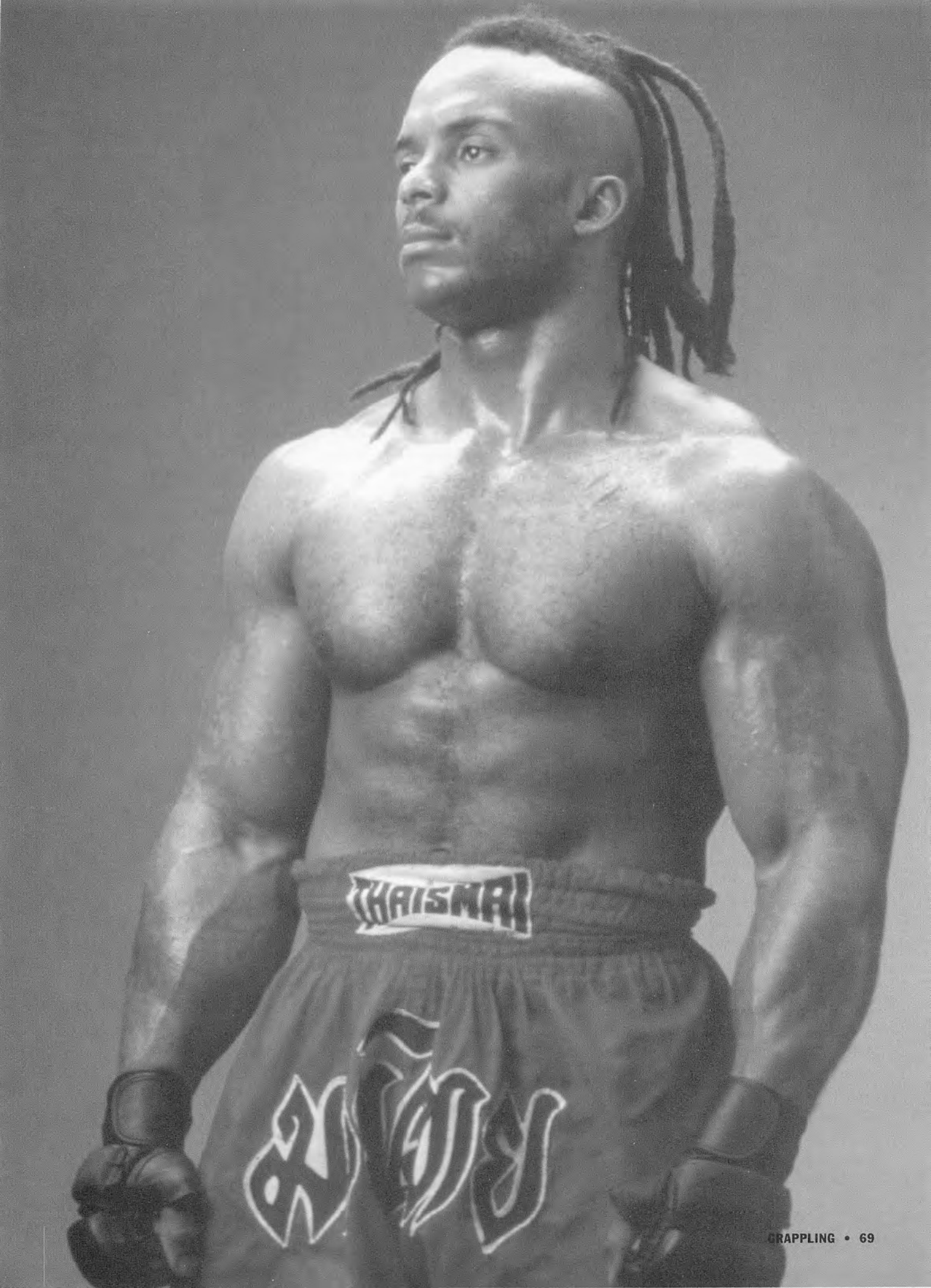
NHB and muay Thai fighter Jermaine Andre has used the ancient Budo warrior code of honor, respect, and courage to mold his life in a positive direction and serve as an example to those around him.

Raised in the Gateway to the West, St. Louis, Missouri, Jermaine Andre knew from a early age that he was different. Acknowledging that he was "way to smart for my own good," Andre survived a childhood with an abusive stepfather by refusing to give in to personal negativity - even if physical abuse was the result. Supported by a mother who recognized his spiritual gifts, and taken care of by an older brother who taught him the basic precepts of the warrior's code, Andre followed the example of childhood hero Bruce Lee and formally pursued the martial arts at his earliest opportunity. Physically gifted, the under 6-foot-tall Andre could dunk a basketball by the time he was 15. But traditional sports did not compare to the deep personal values and philosophy he found in the martial arts. Soon, upon graduation from high school, he was testing himself on the modern-day battlefields of the no-holds-barred cage and the muay Thai ring.

With a gaudy 18-1-3 NHB record, and splashy good looks, Andre does not let his fighting expertise go to his head. In an age of poor sportsmanship, led by the examples of in-your-face multi-million-dollar professional football and basketball players, Andre doesn't despise his toughest adversaries but rather, in the true Budo tradition, respects them for their spirit and will. "A champion," according to Andre, "is someone who will fight their hardest and keep getting up. A champion is someone who can take a knock-down and bounce back up. Sometimes he's at the bottom of the pile and sometimes he's at the top; no matter, he's still a champion in his heart - not because of arrogance, but because of spirit and perseverance. He will always try even when he's losing and will take his losses in the same spirit that he takes his wins - humbly and respectfully."

Q: When did you get started in the martial arts?

A: I started the martial arts since before I can remember. All of my original training was in stand-up forms such as karate, jeet kune do, and kung-fu. Family life for me was back and forth. I was raised by a loving mother and a stepfather who didn't like me much. My family was poor at times and wealthy at others. I spent time in crappy neighborhoods and nice neighborhoods. I was a very mischievous kid who was way too smart for his own good. I knew when grown-ups were full of it and I would pull their hole card at the drop of a dime. This led me to a lot of beatings from my stepfather but didn't change the fact that I would call an adult on his bull every chance I got.


CHAISMA

Master Ron Smith (l) with Jermaine Andre.

I was raised with one older brother and two younger sisters. My brother and I were very close. We loved to spar and would do martial arts every chance we got. We were crazy - we even used real weapons on each other. My mother always loved me very much and supported me even when I was being difficult. My stepfather was very hard, but my little sisters were and are just the coolest. The oldest of them is in college now at Jackson University. The younger one is a model who just earned a full-ride scholarship to Arkansas. My older brother is my biggest fan and a hard-working father that I admire so much. Mom hangs out with me and keeps my warrior spirit strong and kicking. I also have a two-year-old daughter who looks and acts just like me, poor kid. She doesn't know it yet but she's going to be the deadliest female alive.

Q: Did you have interests other than martial arts growing up?

A: I wrestled, played football, and ran track in high school. I was also on the debate team, did a little acting and participated in YARC, the Youth Association For Retarded Citizens. I played basketball in my spare time and could slam dunk when I was fifteen. Believe it or not, just like Bruce Lee I also studied dance - jazz in my case.

Q: Did you admire Bruce Lee?

A: Bruce Lee had a big influence on me. I was always impressed not only by his movies but by his philosophies of life and fighting, which actually worked. The man was a genius with the guts to change tradition for the better. He looked cool, too.

Q: With such a traditional background in the martial arts, why did you enter the Octagon?

A: I decided to get into no-holds-barred because it is as close to real fighting as I can get. It allows me to test the effectiveness of my techniques without a bunch of padding and rules. We must all remember that "martial" means "war." The martial arts are the warrior arts. My record stands at about 18-1-3. I also have many unrecorded pit fights and boxing matches. My wrestling record in high school was 17-1. I feel that martial arts were invented for the purpose of fighting so I use them for that. NHB gives me a chance to use just about everything I know. Inside the Octagon there is are no lies. You can't hide behind anyone else. It's as honest as a sport can get.

Q: What are some of the events you've fought in?

A: I am very proud to have fought in UFC 24, Rage In The Cage Hawaii, the Submission Fighting Championships, DangerZone under Bekki Levi and Dan Severn, the Japan Shootboxing Association, the United States Shootboxing Association, the Striker's Union Challenge, RINGS USA, and the Karate International Council of Kickboxing.

Q: Do you like muay Thai or NHB better?

A: It's hard to say which I like the most. I love the small gloves in NHB and the limited rules, but NHB can get sloppy in the striking area at times. Muay Thai stays beautiful and very technical, if you're watching real Thai boxers. The movements are always smooth and controlled. Sometimes NHB fighters tend to

Muay Thai Double-Kick

Facing an opponent (1), Jermaine Andre lifts the knee (2), kicks to the mid-section (3), switches legs (4), and than snaps a high roundhouse to the head (5).

do whatever it takes to win. I have to say that I love them both.

Q: Which striking arts do you use in your NHB matches?

A: I think muay Thai is the only stand-up art that works in NHB and I speak from experience. I have tried to use karate, kung-fu and other arts during NHB training and they all failed. The only thing that worked was muay Thai. I think the main reason is because of the front stance, the footwork, and the power. The front stance allows you to sprawl when a grappler shoots in, the footwork allows you to move, and the power allows you to get a quick knockout because you usually only get one chance when you're battling a good wrestler. There are still adjustments that I make to my muay Thai when I fight NHB. I lower my stance for one thing, and I use a lot more hands. All of my NHB wins except for two have come by way of muay Thai knockout on the feet. The other two wins were by submission.

Q: Who were your submission teachers?

A: I was started in grappling by Bryan Madden who was one of the "Killer Bees" during an event called "Wrestling At The Chase." He and Joey Geromiller mesmerized me with the enlightenment of Brazilian jiu-jitsu and judo. Bryan Madden then brought in Coach Slava who taught me Russian combat sambo. I was then trained by Scott Ventimiglia, Kim Ventimiglia and Mark Ventimiglia in jiu-jitsu. I am now being trained by Dr. Darrin Pordash who is under Gokor Chivichyan. Joey Geromiller and Scott Ventimiglia are also training me in NHB. Our team is also joined by C.J. Fernandes who was a wrestling superstar. I like to think of myself as "The Product," because so many people have helped to make me what I am. My main trainer and master is Ron Smith of St. Louis. Missouri.

Q: Who were your toughest opponents?

A: My hardest fight had to be a shootboxing match against champion Bill Rosterfor - that fight is on my highlight video. I dominated the entire match with knockdowns, but Bill kept taking it and coming back for more. He showed true heart and spirit and took a beating like it was nothing. Fighting him was like beating a piece of iron. This impressed me totally even while in the ring because you tell how tough someone is by the beating they can take, not by the beating that they can give. He was definitely the toughest! Other tough battles I had were against Maurice Travis, who is a card-carrying, certifiable bad-ass, Adrian Serrano twice, and John Renken who is very, very slick.

My best win had to be against Adrian Serrano in RINGS USA in Moline on September 30, 2000. Adrian had beaten me in 1997 when I first started, in a fight I definitely shouldn't have taken at the time because my grappling sucked. I knew nothing about Adrian and was not in shape to battle a fighter of his caliber. In 1997 I hung strong, delivered a ton of leg kicks, and stayed on my feet until I finally got winded. I then went to my guard and defended from there but was so tired that I could barcly move. Adrian locked in a rear naked choke and I tapped out. I always wanted a rematch but knew I had better be prepared to deal with him next time. I trained hard with Master Ron Smith and Joey Geromiller for our battle in RINGS. My grappling was excellent and my striking superior. The cardio was highly impressive and my spirit soared because I knew I would win

Jermaine Andre Training Routine

"I train six days a week. I wake up with meditation, prayer, and incense offerings every morning and then I run 2 to 3 miles. On Monday, Tuesday, Wednesday, Thursday and Saturday evenings I do three hours of muay Thai, grappling, weights, and calisthenics. Friday is my heavy cardio day. On Sundays I always rest."

Jermaine Andre Fighting Strategy

"My fighting strategy is to read my opponent within the first 10 seconds of the fight. I look to see if he's afraid of me, overconfident, bored, excited, nervous, quick, slow, or strong. Usually I can sense where he's coming from and what he's planning to do. Reading a fighter with the eyes is not a good idea because deception is a part of the game. He may look mean but be as scared as hell. On the other hand he may look scared but be tough as nails. I feel for his energy and look for spiritual guidance. My main plan is to make sure that he doesn't read me."

Jermaine Andre Diet

"I used to be a vegetarian but I ended-up getting malnourished for a fight in Japan so I went back to red meat and chicken. I don't touch pork and I eat a lot of vegetables. I take vitamins daily but I don't use any other types of supplements or steroids. I am 100 percent natural."

"I think muay Thai is the only stand-up art that works in NHB and I speak from experience. I have tried to use karate, kung-fu and other arts during NHB training and they all failed. The only thing that worked was muay Thai."

this time. I caught Adrian with a round kick to the head, taking back a win.

It was a good win because Adrian is a true warrior. I've watched him spank guys in my hometown who ran their mouths about him. He was undefeated in my hometown so I just had to get him. It was fun - two warriors battling it out again - and we smoked cigars together after the fight in RINGS just as we had done after the first fight.

Q: Do you consider yourself a grappler or a striker?

A: My fighting system is more stand-up. The reason is that I fight and train for the purposes of self-defense. Even though NHB and muay Thai are sports to some, they are martial arts to me. It is my life and religion. Striking is more impressive in the NHB world than grappling. The fans would much rather see someone get knocked out than tapped out. I also use more stand-up because even though 90 percent of fights end up on the ground, 100 percent of them start on the feet. I don't plan to jump into the guard on the streets so someone's buddies can kick the side of my head in while I'm going for an arm bar. My training system involves, muay Thai, shootboxing, judo, sambo, jiu-jitsu, and wrestling. You have to be well-rounded to survive in NHB now. I also teach self-defense for men, women and seniors. My self-defense system differs from my NHB fighting system - it is far more brutal because there are no rules. I've written a book on women's self-defense which is going to be published soon.

Q: What do you teach to your students?

A: I emphasize courage, loyalty, and respect. With courage you can learn and accomplish anything. Loyalty is a must or you can't be trusted. Respect is necessaryfor one to stay controlled and not become a rogue - an arrogant rebel who would use the knowledge that I am passing on to them for the wrong reasons. I believe deeply in the traditional, ancient ways and that's what I follow. I teach my students about selflessness, sacrifice and putting others before themselves. This causes me to lose about nine out of ten students because most people can't handle the thought of loyalty, respect and humbleness. A lot of people come to me not to truly learn, but just to see what they can get out of me and Master Smith for as little amount of money as possible. That is not the Way of martial arts and I will not corrupt it with incorrect values. This upsets a lot of people because they

Continued on page 89

Guard Pass to a Heel Hook

Trapped inside his opponent's guard (1), Jermaine Andre tucks his head to avoid blows (2), reaches back and traps the ankle (3), passes his leg over his opponent's body (4), and then falls back and applies the finishing heel hook (5).

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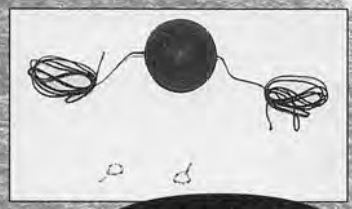

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FITNESS

Chiapparelli with
author Bill Curry.

PART I

Rico Chiapparelli

LEADER OF ATTACK

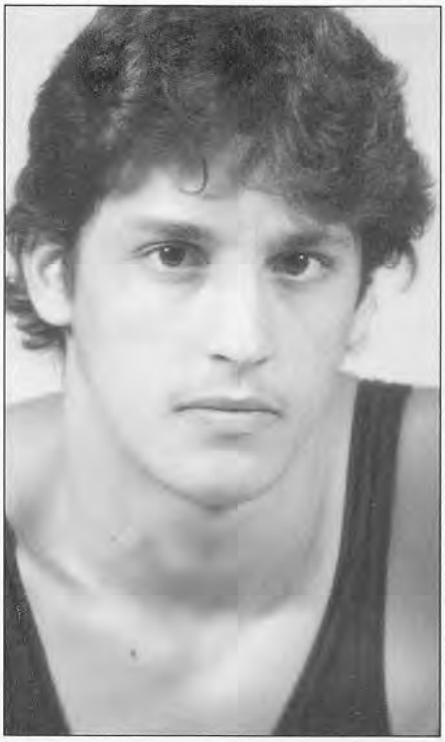
By Bill Curry

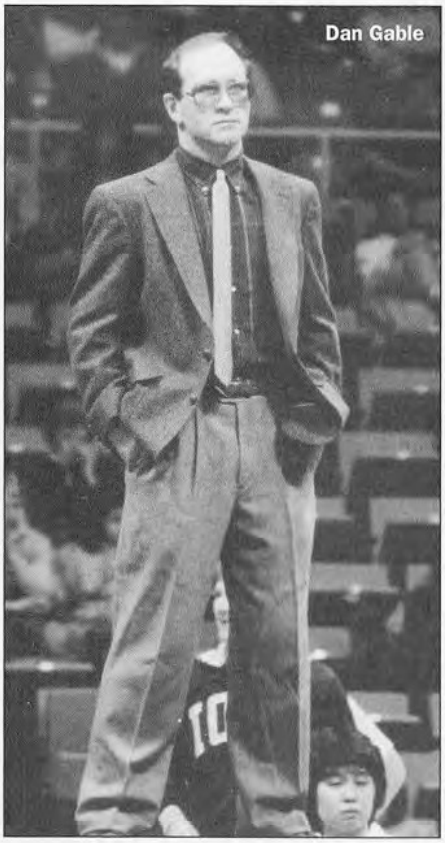
One of the most acclaimed wrestlers of our time, Rico Chiapparelli is the leader of the ultra-aggressive RAW Team. A three-time All American, an NCAA collegiate wrestling champ, a four-year member of the USA national team, a U.S. Open freestyle champion, and a World Cup champion, Chiaparelli's credentials are legitimate, impeccable, and beyond reproach. Legendary Iowa wrestling coach Dan Gable has the photograph of only one former wrestler on his wall, that of Rico Chiapparelli, the "Baltimore Butcher." He is one of the few men to have an international wrestling technique named after him - the Rico Roll. He is a grappling purist, a gifted teacher, and a skilled athlete who can create positions out of a locked box. He has been seen submitting a top Russian NHB champ in thirty seconds - and more than a few world champion Brazilian jiu-jitsu black belts in less time, with or without the gi. But none of these achievements have come from the lips of Chiapparelli himself. Despite his legitimate world titles and his runway good-looks, he has a monk-like modesty. Getting him to talk about himself or about his achievements is like prying open a cherrystone clam with a white pine toothpick.

When he teaches a position it looks so effortless that one is led to believe that shooting a double-leg takedown on him would be as simple as watching ice melt in the sun. Yet when you attempt the move it is akin to a bull moose trying to hump the Taco Bell Chihuahua. You have to reconcile the fact that he is world class athlete who has done it since age 8. Gifted athleticism is an obvious factor, as is years of high level training, but there is also an intangible at work - an extra gear in place that he can shift into on a moment's notice. While the average weekend grappler runs on diesel fuel, Chiapparelli runs on nuclear fusion. His flow from position to position is extraordinary to watch, and even more extraordinary to actually experience on the mat. His submission skills are so fierce that they explode out of nowhere like a Tomahawk cruise missile, and usually occur *before you even hit the ground*, during transition on the way to the mat. He is a grappler's grappler who has

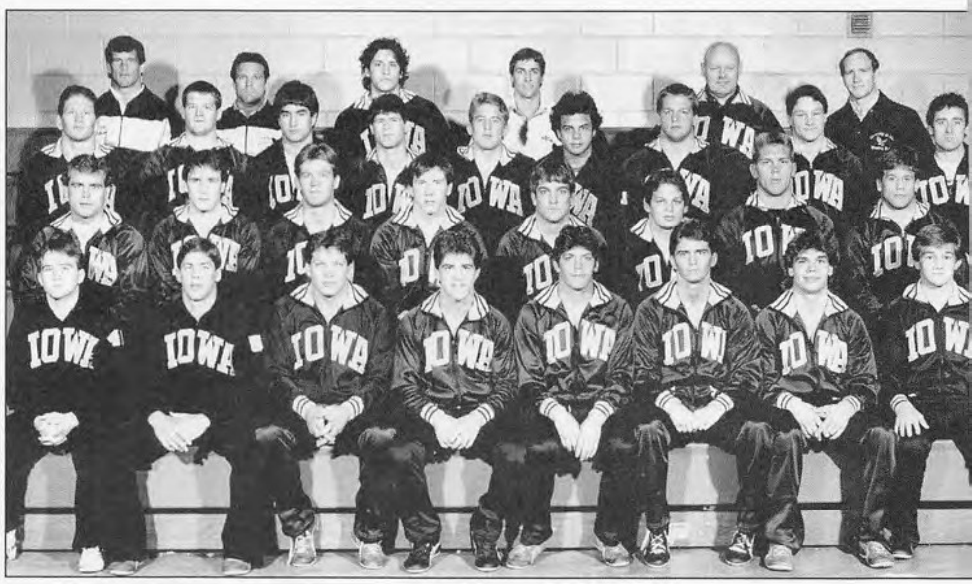
deciphered the Brazilian jiu-jitsu mystique and created a conundrum for those who wish to train with him.

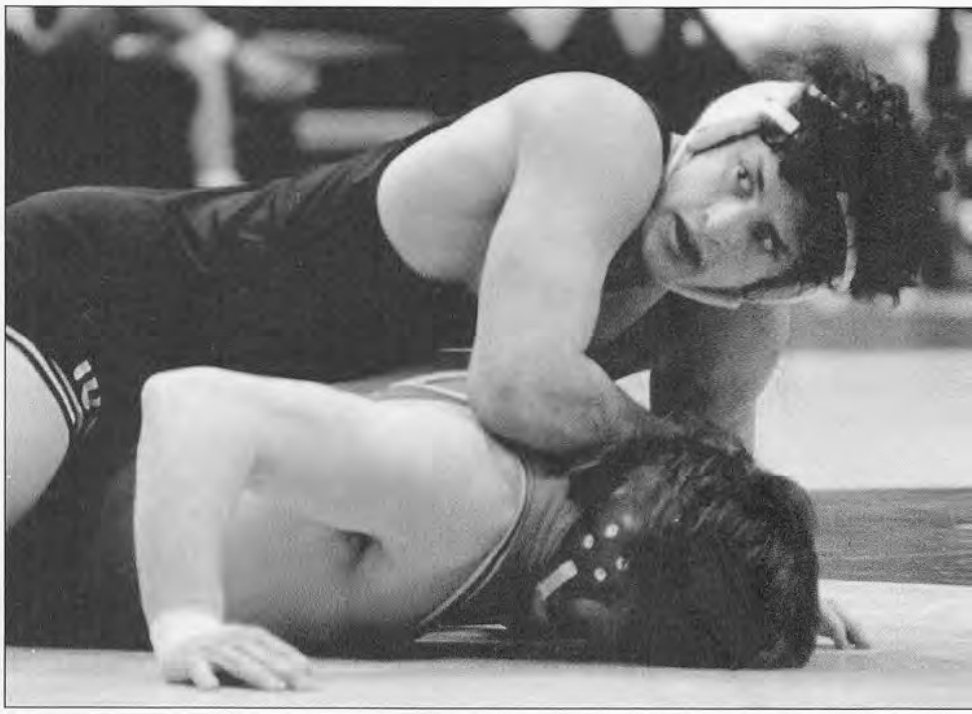
If you wish to step-up and improve your technique go to the RAW training center in Los Angeles. You may be fortunate enough to train with Pride champions Frank Trigg and Vladimir Matyushenko, as well as All American wrestling champ Chad Zaputio. If you're truly lucky, you may even get to roll with the Baltimore Butcher himself. RAW's motto is, "Anywhere, Anytime, Anyplace." And make no mistake - Chiapparelli stands by it.





Dan Gable





Q: Why are you called the Baltimore Butcher?

A: That's just a nickname that the announcer at college gave me. It was just a gimmick. There's no real or interesting story behind it. The interesting thing was just wrestling for Dan Gable - it was much more interesting than my nickname. He was just very intense in training. The thing was that Iowa was very intense about wrestling - so it was very, very good. Everybody in the college, everybody in the city, everyone in the state, knew about all the wrestling matches. All the matches were televised live over statewide television. Plus, we'd get something like 16,000 fans in the arena for our home matches. It was almost like being a big time athlete, but in a small time sport.

Q: What made Dan Gable such a great coach?

A: He knew how to peak people. He knew about the puritization of training. The other thing was that he could motivate anyone to be just about anything. Everybody at Iowa was training all the time. Whenever the gym was open, you

could go in there any hour of the day and you'd see people training. So you had to train hard because these guys were trying to take your position away on the team. So it was very competitive just within the wrestling room itself. So if you could get through that then you knew that you'd be able to beat just about anyone else you would face in a meet. And Dan's number one thing was conditioning - conditioning to break your opponent mentally. Once you broke the guy mentally, you could do whatever you wanted. There are certain factors you can always control, and conditioning is one of them. You can always be in great condition. So if you can control as many factors as possible, then the chances of you winning are a lot better. If you can get your technique, your fitness, your quickness, and your strength as close to 100 percent as you can, then your chances of losing come down dramatically.

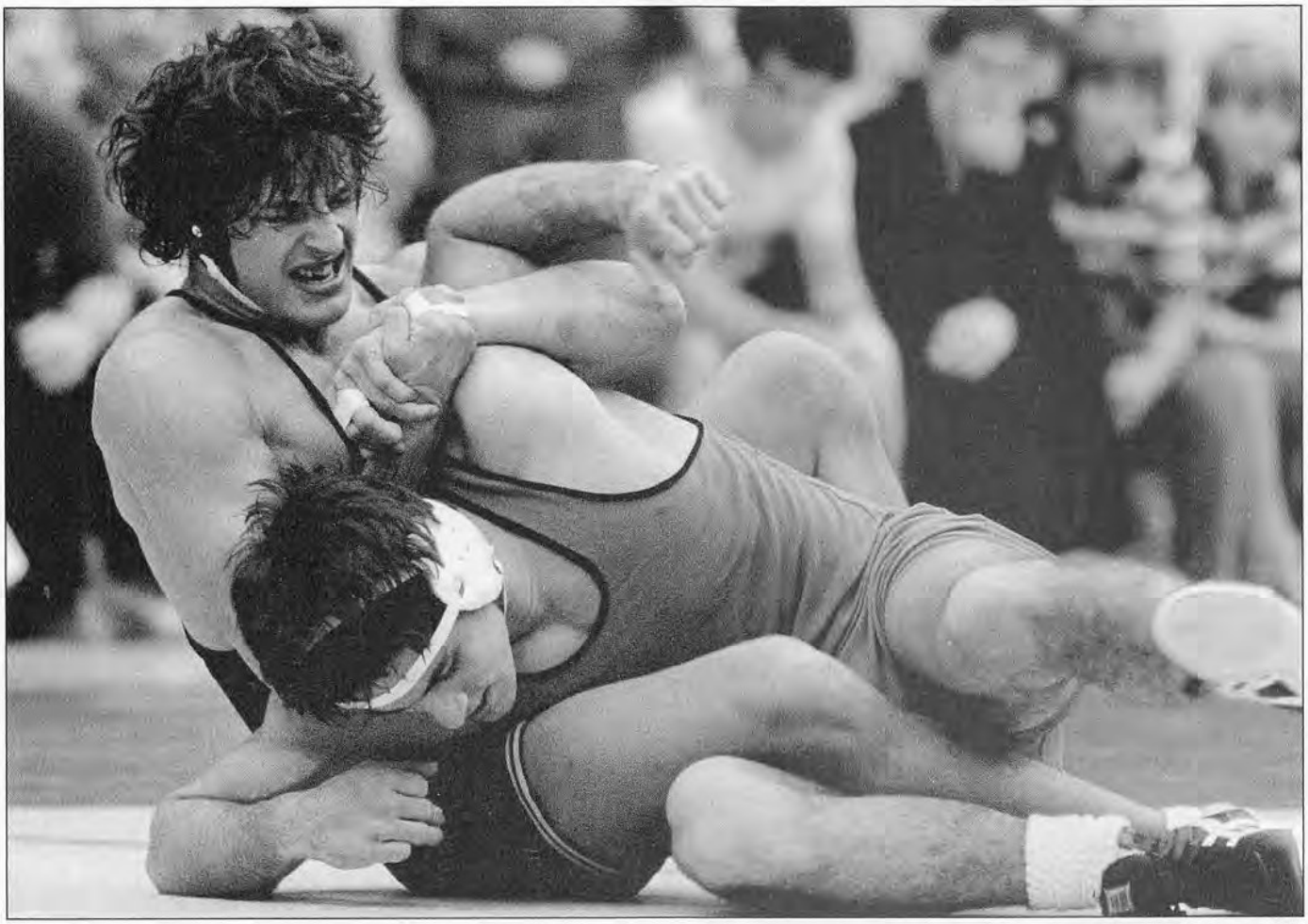
Q: Did Gable actually roll on the mat?

A: When I was in college he still did. Not too many people think of Gable as a highly technical wrestler, but he actually really was. People are really surprised when they would go to different training camps and he would teach techniques and stuff and you would see these other wrestlers going, "I can't believe he just did that move." But he did. He was very well versed in the techniques of wrestling. But just like in the martial arts people think that if you know all the moves then you're going to be great - but that's meaningless to a large extent. Can you apply those techniques in a live combat situation? Technique is one very small aspect of a competition. Mental toughness, fitness, attitude, et cetera - and technique is one of them, of course, but many times in the UFC you see guys with no technique beating guys with tons of technique. You can force a guy into your position and your style.

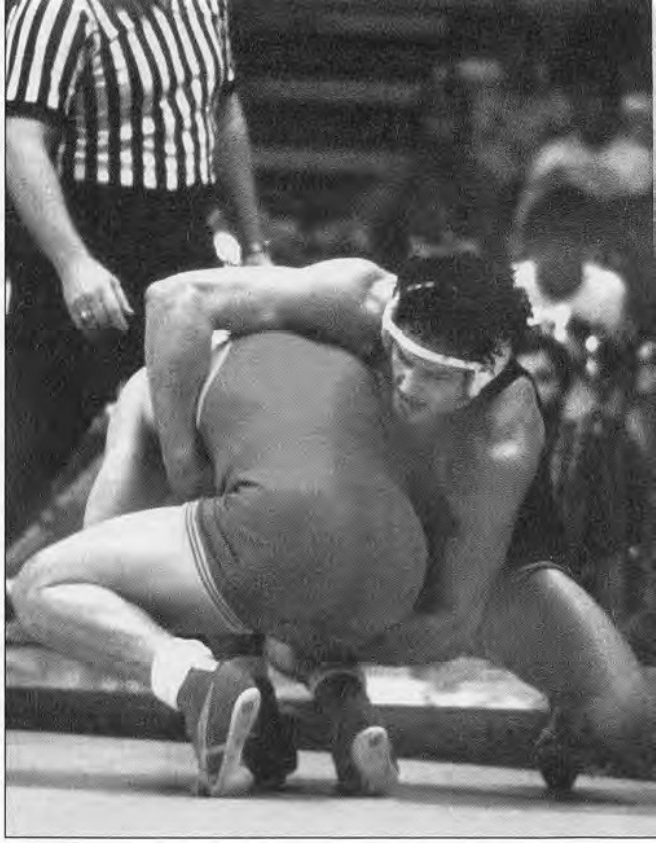
"I always kind of rolled across my back in wrestling but I would never stay there - because in wrestling this is a very bad technique because it exposes your back to the mat for an instant. But if you need it, you can use it. But then all of a sudden it was okay to be on your back, and there were a ton of things you could do from there."

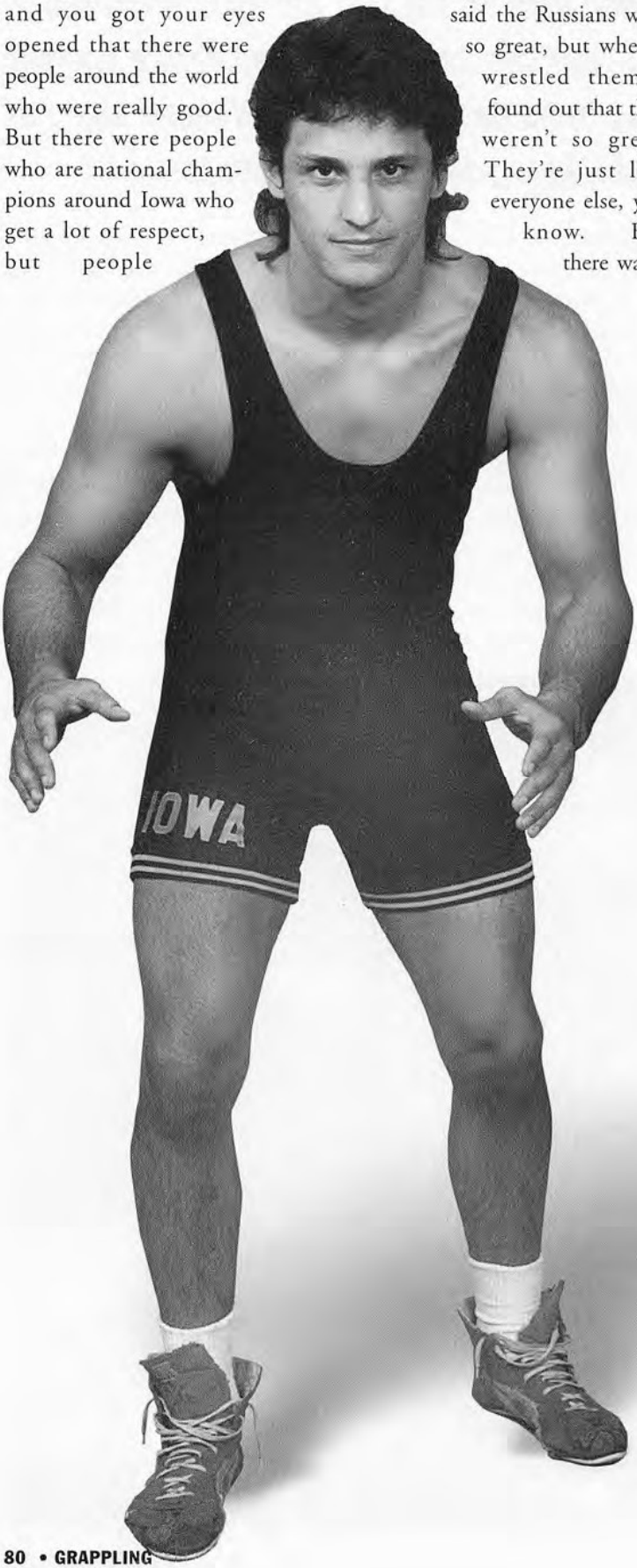
Q: What about when you first competed internationally in Russia? Were you surprised by the quality of Russian grapplers?

A: I had always watched tapes of them so I wasn't really surprised. What I was shocked by was how everyone on the



American team said how good the Russians were - and so they had lost before they ever stepped on the mat. At these international tournaments you'd have guys who were really good in college or really good in the United States and you got your eyes opened that there were people around the world who were really good. But there were people who are national champions around Iowa who get a lot of respect, but people never knew that some of these guys went to international meets and got their ass kicked a hundred times. What I was interested in was how people said the Russians were so great, but when I wrestled them I found out that they weren't so great. They're just like everyone else, you know. But there was a mystique about them. Just like a lot of teams would lose against Iowa just because they expected to lose because of the Iowa mystique. But there were certain Russian wrestlers that were just amazing technically. The Russians would win by superior technique and superior positioning, but not with fitness - they are not known for their fitness. That's what I realized. So even through they weren't in good shape, they could play with guys because of their positions. It's like me - I'm in terrible shape right now. But if you put a highly-conditioned high school wrestler with me right now I'd just play with them and not get tired because of superior position. So that's how some of the Russians were. They would play with guys who were multiple times U.S. champions. Going from high school to college is a big jump; then going from college to American freestyle is another jump - you see national collegiate champions who have never won a U.S. Open title. So to go from American freestyle to international competition was an equally huge jump. It's like the wrestling equivalent of single-A, double-A, and triple-A baseball. Each step up is a big jump and not many people can handle it.





Q: Once your international career was over and you started seeing mixed

martial arts, did you have to tweak your wrestling skills to adapt to it?

A: The first time I ever mixed martial arts was when some guy showed me a tape of the first UFC. The first few UFCs were terrible, you know, because they hand-picked the guys so the one Gracie could win, basically. So I was looking at it and thinking that these guys were terrible - any wrestler with good position could have gone in there and beaten them. Basically the opponents were expending a lot of energy in areas where a wrestler would not expend any. So since I had gotten into a lot of physical confrontations when I was younger I was like, "Hook him here. Knee him there." Use wrestling control positions to subdue them.

"I would tell guys, 'I will show you every move that I'm going to do to you, and then I'll do it to you. And if you stop me that's great. And if you pin me then great - it would really surprise the hell out of me but more power to you.' That's where wrestlers come from. We're actively trying to find someone to beat us, basically, so we can improve."

First of all, any top wrestler, even now, is just so much better athletically than anyone else out there in the world. You have world class athletes who are actually competing in a real sport that is contested in the Olympics. So that, number one, you have athletes who have been in thousands of competitions in front of thousands of people in many different countries - in places like Russia where they don't treat you very nice and they keep you up all night, and it's cold, and you travel for 5 days. That teaches mental toughness through hard competition that you can't get from just training casually against your own students in your own school. That is going to beat 90 percent of the guys out there. Then just the tweaks and techniques are going to take out the rest.

But then I saw the Gracies and I thought, "You know, there's something to that stuff." I always kind of rolled across my back in wrestling but I would never stay there - because in wrestling this is a very bad technique because it exposes your back to the mat for an instant. But if you need it, you can use it. But then all of a sudden it was okay to be on your back, and there were a ton of things you could do from there. I can do elevators, and that little move I used to do where I would roll across my back sometimes and set people up for a pin - people used to call it the "Rico Roll."

Q: This was a move that was named after you by other wrestlers?

A: Who knows who came up with that name. It's been printed in different articles and stuff - in *Sports Illustrated* and other things. But then people say, "I've never heard of it." But it's like anything else, all it takes is for somebody to do something one time, and then somebody writes about it and puts it in a magazine or newspaper, and then all of a sudden that's what it is. Whether is was that or not doesn't really matter. It's the perception. So when I saw Gracie I thought, "That's really cool." At the time I wanted to get into something that was like wrestling, since I'd been out of wrestling for quite some time and was doing something else - living in New York City living an unhealthy lifestyle - so I wanted to get into something that was similar to wrestling, that wasn't exactly like wrestling. So logically, if you're going to learn anything as a wrestler, submission seems like the last one percent of wrestling since it is all the stuff that is illegal in wrestling - the joint locks, the chokes, et cetera. You can't even bring the arm past 90 degrees in wrestling. To me, you know, this is something I thought I could do. But were there any schools for this in New York City? So he had a tape that showed the positions, and we would practice to the tape after we did our workout. So that is when I really got interested in it. It's great. I love jiu-jitsu. It's a great sport.

Q: So you went to Renzo Gracie's school in New York first?

A: No, I went to a bunch of different

ones. I went to some guys that weren't so good and I rolled around with them. Then my friend said, "Lets go to this other school where they're better." And so we'd go there. And he would be all excited about the competition aspects of going in someplace new, but I was just into the learning aspect of it. I just wanted to find out more about it. Then I finally got around to checking out Renzo's school. But Renzo wasn't there, Craig Kukuk was there. He had a really bad back so I was just watching him teach. So just from watching how he positioned himself I knew that he knew what he was talking about. I knew that he could show me something that those other people

Continued on page 91

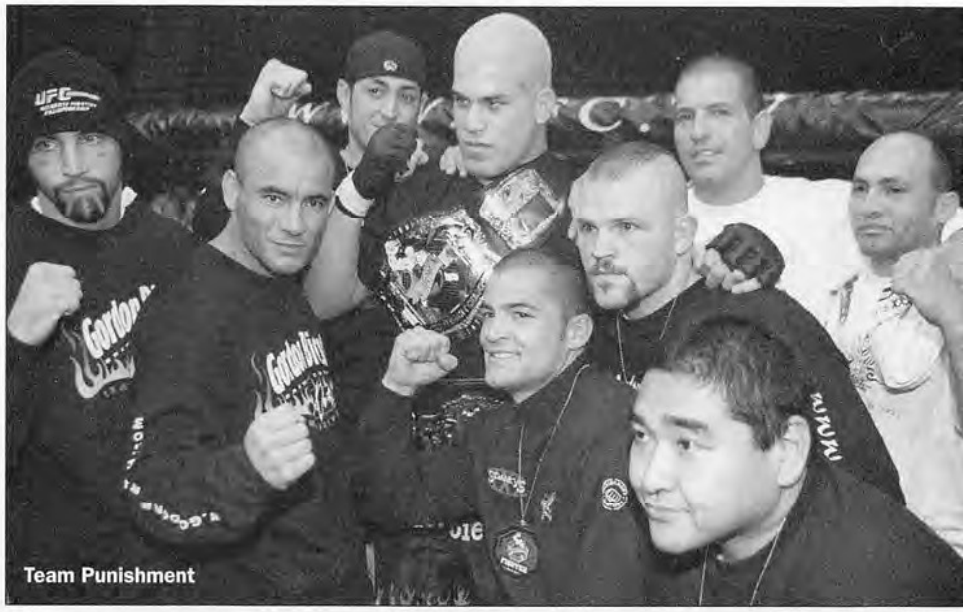
UFC 30

Continued from page 59

Hoffman, in the meantime, kept Robinson at bay with tight, inside knees and short, chopping elbows. Finally, at 3:27 of round one, Hoffman caught Robinson with a right elbow and sent him down for the count. This was an impressive win for Hoffman against a monstrous foe and his stock should rise. Despite the disappointing loss, don't count Robinson out of the NHB picture. Anyone with his power and athletic ability is bound to be a force. More than anything else he looked very tentative in the Octagon and appears to need more ring experience.

The next fight was probably the most surprising of the night and it featured affable Aussie ELVIS SINOSIC (6'3", 196) vs. JEREMY HORN (6'1", 200) from Iowa. Horn has been in the NHB upper echelon for years now, and Sinosic, while well-known in his native land and having recently gone the distance with Frank Shamrock in Japan, was somewhat of an X-factor. Most ringside watchers figured Horn for the victory. Most ringside watchers were wrong. Showing a classic fight-from-the-back Brazilian jiu-jitsu fighting style, Sinosic quickly put Horn into his guard and proceeded the tease him with a series of attempted submissions. Horn, for his part, despite his wealth of experience, stayed surprisingly low in the guard, chest-to-chest with Sinosic, not punching vigorously and not really trying to either stand up or pass. With no disruption to his game, Sinosic finally got the straight arm-bar at 2:59 of round one and tapped Horn out. While definitely a validating victory for the Australian which will forward his career, the defeat had to be bitter for Horn – not so much the *fact* that he lost, but the *way* that he lost. Look for coach Pat Militich to take Horn back to the drawing board and cook up some guard-attack strategies for his next outing.

After a short break, during which Sammy Hagar was spotted in the crowd, what would turn out to be the second best fight of the night started. This match-up pitted Matt Helm student JOSH BARNETT (6'3", 256) against



Team Punishment

PEDRO RIZZO (6'1", 234) from Rio de Janeiro, Brazil. Barnett is a superior grappler and Rizzo, of course, is a feared striker and it seemed a sure bet that the fight would be a classic comparison of styles. The only comparison, however, as it turned out, was to be Barnett's stand-up skills, which were surprisingly good, against the punching power of Rizzo. This was not the mismatch one might think and for the entire first round Barnett gave as good as he got, and actually might have held a slight advantage, This delighted the Taj Mahal crowd who were on their feet cheering every haymaker and bomb the two threw. The second round started where the first had left off, neither man giving an inch and both throwing heavy leather. Barnett didn't once try to clinch of take down the Brazilian brawler and as the second round drew to a close it seemed that he almost might pull off the striking strategy off - almost. With about 30 second left, Rizzo caught a tiring Barnett with a right hook that stunned him and put him out on his feet. Moving in quickly, Rizzo threw a textbook right cross that sent the Seattle fighter down for the count.

One just had the feeling watching the two, despite Barnett's success in punching with Rizzo, that he was playing with fire and would eventually get caught - and that's just what happened. Matt Hume later said that the strategy was for Barnett to punch with Rizzo for the first round, and then take him down in the second

Frank Shamrock

Larry Hazard

Iha (left), and Pulver, next to UFC president Dana White.

round for the submission. Barnett, though, figuring he was winning the fight, decided to beat Rizzo at his own game - the best laid plans of mice and men often go awry. Barnett didn't lose any stature from his effort, and indeed his courageous performance seemed to ensure that more big money fight are on the horizon for him. As for Rizzo, he looked revitalized in his most aggressive and forceful performance in years. A well-deserved title shot is certainly on the horizon.

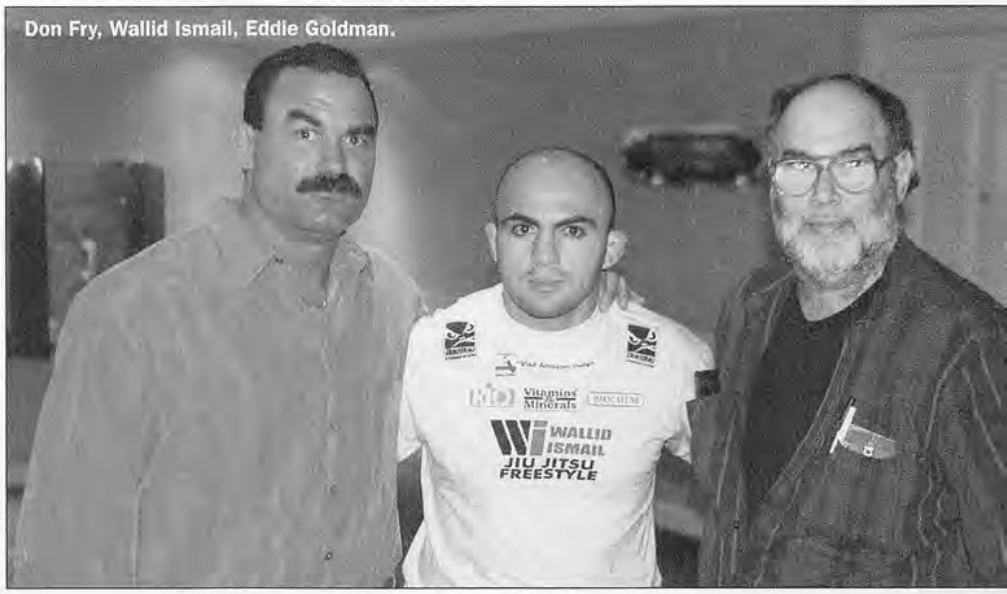
To those who feel that wrestling is very similar to Brazilian jiu-jitsu had only to watch FABIANO IHA (5'6", 168) vs. PHIL JOHNS (5'2" 158) to see the obvious differences. The cut and chiseled Iha has been on somewhat of a tear of late, posting a succession of quick victories in the King of the Cage and the UFC. Wrestler Johns from Illinois, despite giving up both height and weight to the Brazilian transplant from Huntington Beach, California, looked somewhat bigger than Iha because of his powerful physique. As soon as the bell rang, though, it was obvious that Johns was in over his head. Moving in quickly, Iha clinched with the wrestler and used his lightening fast reflexes to take him to the ground. Establishing the top position in a flash, Iha secured the arm, passed his leg over John's head and leaned back for the arm bar submission in only 1:47 of round 1. With his fourth straight victory Iha is establishing himself as one of the lightweight division's top contenders, and it only seems a matter of time before he challenges Pat Militich for the title. With his obsessive work ethic and his amazingly fast natural reflexes, Iha looks to be a force in the upper echelon of NHB for years to come.

As good as the Barnett/Rizzo match was, it would soon be eclipsed by the fight for the UFC World Bantamweight Championship between Japanese Shooto star KAORU UNO (5'7", 153) vs. JENS PULVER (5'7", 153), the Davenport, Iowa native. The two were not only matched equally is size, they also possessed equal amounts of heart and determination, and from the first round on, it was obvious that neither man was going to back down. As the fight progressed it basically became a matter of Uno shooting in and looking for a submission, and Pulver defending, delivering blows, and then getting back to his feet where the entire cycle would start again. Uno, throughout the fight was technically the more aggressive of the two, making numerous takedown attempts and getting to Pulver's back several times. To Pulver's credit, however, even when caught in a naked rear choke, he managed to stay calm, defend his neck, patiently work himself free, deliver blows and then stand back up. It was truly a well-fought battle, and one that did both men, and the UFC, very proud.

At the end of the match, it was a very close call, and a draw would not have been an unreasonable decision. However, in a judgement which seemed a lot more lopsided than the fight, the judges awarded Pulver the unanimous victory. While not upset with the decision, the classy Uno was visibly disappointed, and with good reason - he was not dominated by Pulver in any way, shape, or form. For his part Pulver was a true gentleman, praising Uno as being one of his idols and calling him one of the greatest fighters in the world. If this fight had been in Japan I think the decision would have gone to Uno, and a case could have been made for it. But this was America and Pulver got the win, which takes nothing away from his gutsy, impressive performance. Pulver is a class act who will give the UFC a good name and carry the title well.

The most anticipated fight of the night was the final match between UFC

Continued on page 84



Don Fry, Wallid Ismail, Eddie Goldman.

UFC 30

Continued from page 83

superstar TITO ORTIZ (6'2", 200) vs. EVAN TANNER (6', 197), the tough United Shoot Wrestling Federation (USWF) owner and champion based in Amarillo, Texas. Not much needs to be said about Tito. His battle with Frank Shamrock is legendary to this day, and he established himself as a champion beyond reproach with his convincing win over dangerous Japanese star Yuki Kondo in the UFC Japan several months ago. Tanner, for his part, possess genuinely good stand-up skills with good hand speed and solid power. The word from many watchers before the fight was that Tanner would be able to catch Tito with solid shots and throw him off his game. On this night, however, the only thing that got thrown in this game was Tanner himself. When the bell went off, the two closed and as Tanner attempted to punch, Tito clinched, hoisted Tanner to his chest and slammed him headfirst onto the mat knocking him unconscious. Tito landed one blow to the head before he realized that Tanner was out and pulled up. In only 20 seconds of round one, Tito had left no doubt as to who was top dog in *this* house.

In the only tacky moment of the entire night, Tito mimed his traditional dig-the-grave routine as Tanner lay unconscious on the mat, being administered to by paramedics and doctors. Tito's celebration continued as Tanner was wheeled out of the ring on a stretcher and a body board.

To be fair, Tito did go over to check on Tanner as they carried him out, but the celebration would have been better served without the grave digging. This was not lost on New Jersey Athletic Commissioner Larry Hazzard who, in the post-fight press conference said, "We expect good sportsmanship from all involved and want to see handshakes and respect from both fighters before and after the match. We want America to know that this isn't a bloodsport aimed at injuring your opponent, but rather a sport where we abide by rules and the best man wins." In Tito's defense it was a big win for him and he can be forgiven for getting carried away by the moment. Later that night, when it was announced during the press conference that Evan Tanner was up and walking around in his hotel room, a more subdued Tito was the first person to stand up and clap for his fallen foe.

The UFC is Back

Make no mistake, the UFC is back. This event was the most entertaining Ultimate on US soil in years. The matchmaking was good, the productions values were great and there was an energy about it that hasn't been felt for quite a while.

"The matchmaking was good, the productions values were great and there was an energy about it that hasn't been felt for quite a while."

Interestingly enough, Mark Coleman and Mark Kerr were in attendance, as was Don Frye. All have expressed an interest in getting back into the UFC now that Frank and Lorenzo Fertitta and Dana White have taken over. Frye's contract with Antonino Inoki's pro-wrestling group is over in just a few months and Frye looked fit, dangerous, and eager - good news for UFC fans if a deal is worked out, but bad news for any potential foes! In addition, stars like Vitor Belfort and the great Royler Gracie have also expressed interest in talking with the new UFC. The stars bring the fans and the new UFC seems committed to making the fights that people want to see. Could this be the dawn of a new age? Most of us would just be satisfied to get back to the *old* days. But there may be even bigger things ahead. As UFC President Dana White said at the end of the post-fight party at the Hard Rock Café, "If you think this show was good, just wait until the next one - we're just getting started."

GLADIATOR CHALLENGE

Continued from page 47

was reminiscent of the early UFC fights when wrestlers would lay belly-to-belly with BJJ fighters for 30 minutes of agonizing boredom. What a change this was from Bohlander's fight against Brian

Terry Trebilcok

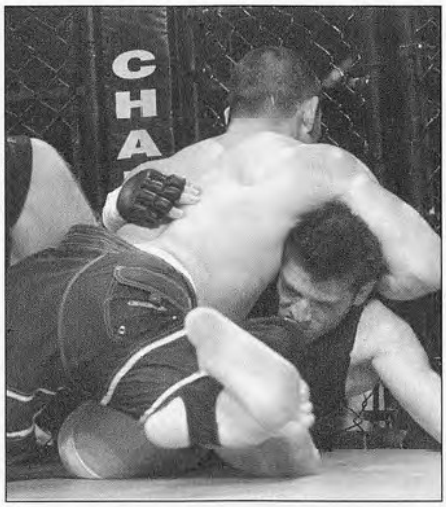
Foster, which I wasalso ringside for. That fight was non-stop in-your-face action with both men active and aggressive. Arum by contrast, reportedly a talented submission fighter, did not try even one submission and took no real chances, but a win is a win and Arum, in only his third no-holds-barred fight, came up with a big one. Hopefully in his future fights, and there will be more after this win, he'll show more of the submission talents for which he is well-known for. As for his strategy, Arum was very up-front about it afterwards.

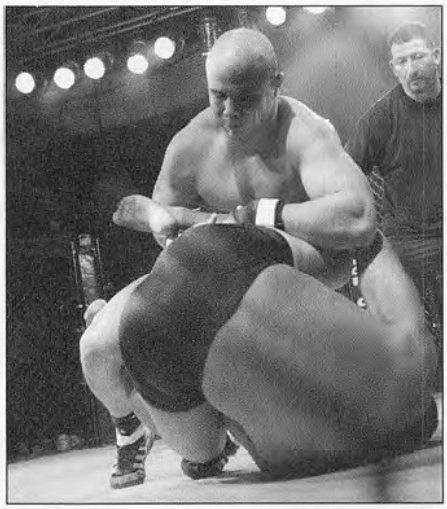
"Bohlander is a talented submission fighter," said Arum. "He went to Abu Dhabi and didn't get tapped by Rigan Machado, couldn't get tapped by Saulo Ribeiro and couldn't get tapped by Fabio Gurgel in their famous UFC fight. So I didn't want to waste my energy trying to submit him. So my strategy was to stay low in the guard, not expose myself, and then pop up and punch."

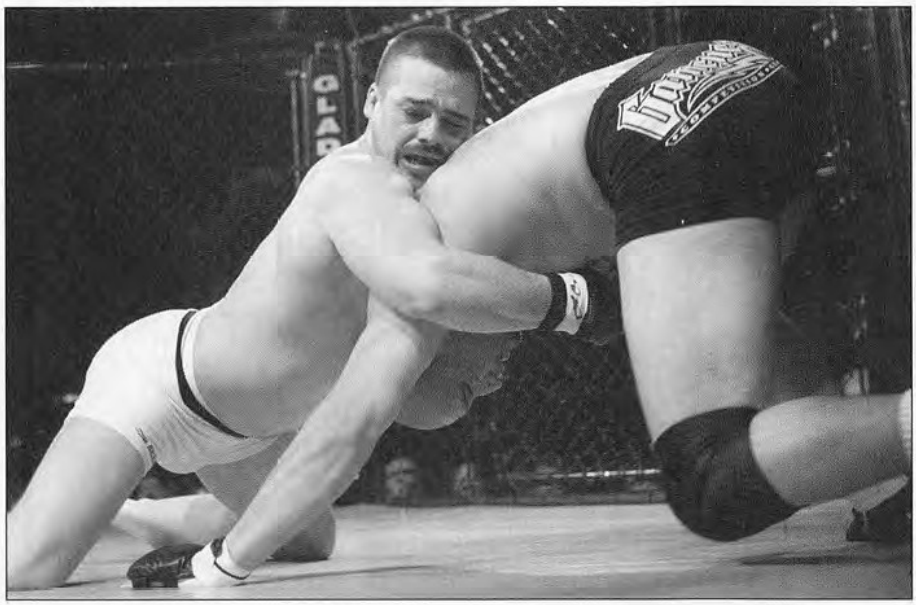
With future Gladiator Challenge shows coming up, Tedd Williams deserves credit for putting together a fast-paced show with even match-ups and active, aggressive fighters. I get invited to a lot of shows that I don't attend, but the overall energy level of Gladiator Challenge makes it definitely one that I'm putting on my Palm Pilot calendar!

For ticket and location information on upcoming Gladiator Challenge shows, or to inquire about competing, visit www.gladiatorchallenge.com.

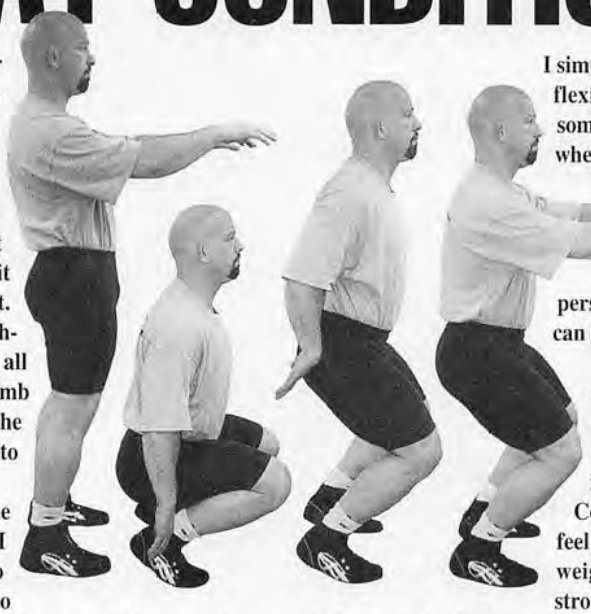
The Gladiator Challenge had the Colusa Casino crowd on their feet, cheering for more at the end of the night.







COMBAT CONDITIONING



Animals in the wild are in far better shape than human beings. Regardless of size, they are stronger, more flexible, and have greater endurance. Yet, they do not push weights or train on mechanical devices. How do these animals get into this kind of condition? They do it by working with their own body weight.

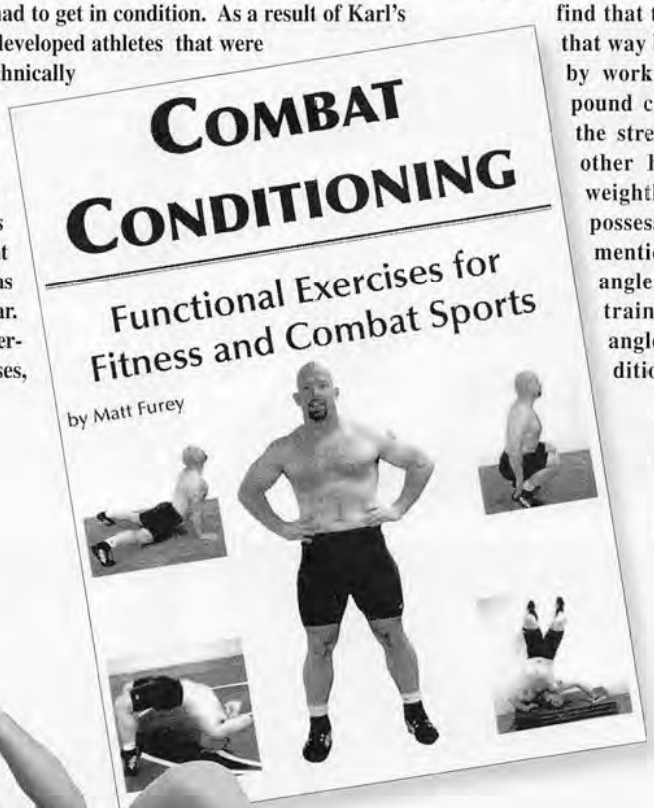
They master their weight by stretching from all directions and from all angles. Animals also run, jump, climb and wrestle. If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

Don't believe me? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. As a result of Karl's training method, he developed athletes that were physically and technically superior to those who used other modern-day methods.

None of the exercises Karl Gotch teaches require weights, yet at 75 years of age he has the strength of a bear. Within 30 days of performing these exercises, I simultaneously increased my strength, flexibility and endurance. This is something that I could not accomplish when I trained with weights. Lifting weights can make you stronger, but the strength is usually not functional. The size of a person's muscles does not mean he can hit harder, faster, or more often.

Another amazing fact about this method of training is this: You can give up all weight training for 90 days and simply do the calisthenics I teach in my book, Combat Conditioning. After 90 days, if you feel inclined to test yourself on the weights, you'll note that you are stronger than ever before.

When you look at primates (or any other animals), you'll find that they are incredibly powerful. Did they get that way by lifting weights, or did they get that way by working with their own body weight? A 60-pound chimpanzee, for example, has three times the strength of a human being. An ape, on the other hand, has the strength of 10 Olympic weightlifters. More importantly, these animals possess an ungodly level of strength (not to mention flexibility) from every position and angle. If you follow the way of the animal and train your body from every position and angle, you'll soon be convinced that this conditioning method is the best.



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WANDER BRAGA

Continued from page 43

people inadvertently. "In this way, you can get a much harder workout in a shorter period of time. That is very important because it leaves more time for surfing." Interestingly enough, Rolls Gracie, Rickson Gracie's cousin, and one of jiu-jitsu's all-time top innovators, is said to have been the originator of the Brazilian knee-sparring exercise.

Knee Takedown Applications

Because Brazilian jiu-jitsu students spend so much time sparring from the knees, a specialized set of takedowns have been developed to take an opponent down from the knees. While Braga admits that they are probably not the most useful skill you could employ in a self-defense, vale tudo, or tournament competition, he claims the knee takedowns do have their place in martial arts.

"Lets say that you are in a street fight," says Braga, "and you both fall down into a wild scramble and end up facing each other - you could use them there. The same is true in vale tudo or in a tournament - many times you end up in a scramble situation where you're locked up with your opponent on the knees and need a way to get the superior position - knee takedowns could very well be the difference between winning and losing. Of course, I'm not saying these situations are likely, I'm just saying they could happen. They're probably more useful in a real fight than high kicks, and people spend hours a day practicing those."

Knee Takedown Strategy

Realistically, however, and as Braga freely admits, the main use for them will come in class during training. "Starting on your knees takes away the strength aspect of the takedown. So you're ready to start using the technical aspects of the jiu-jitsu game. The most important part of the takedown is to make sure that you don't do a wild move and open yourself up for a counter that will allow your opponent to gain side control or even the top lock position."

As an admirer and student of Rickson Gracie, Braga freely quotes lessons he has learned from jiu-jitsu's reigning guru of grab. "Like Rickson always says, you have to be patient and wait for your opponent to make a mistake. Now this doesn't

Continued on page 88

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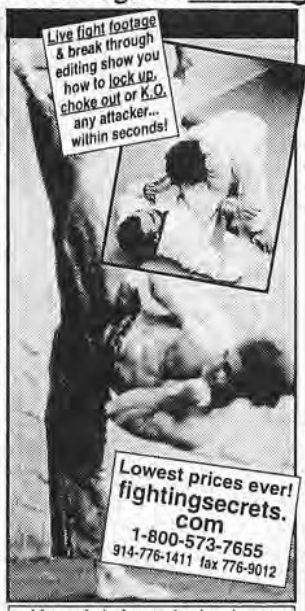
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WANDER BRAGA

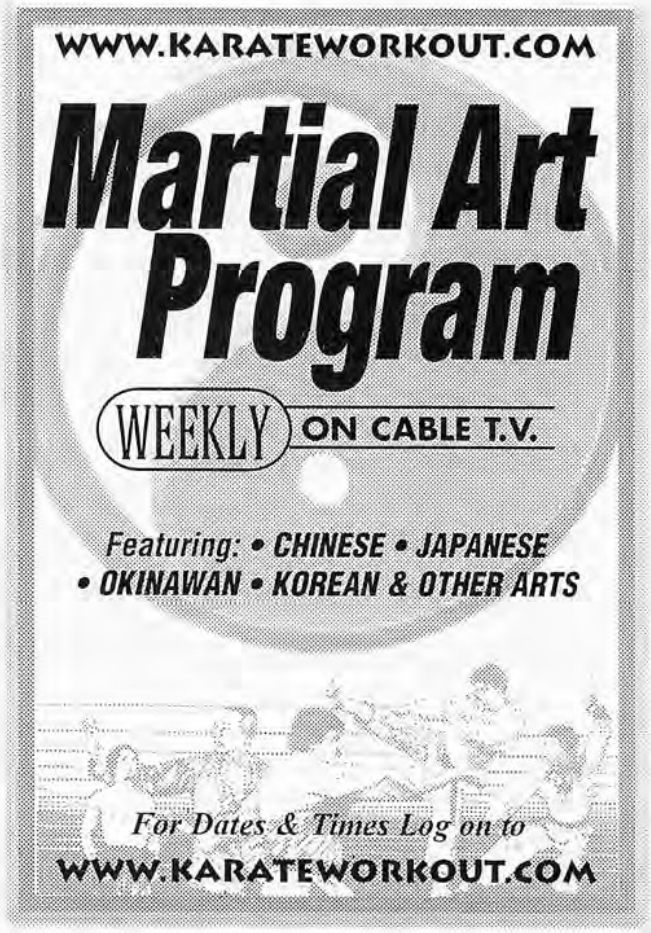
Continued from page 87

mean that you should stall and not be active - far from it - it simply means that you should take what your opponent gives you and not rush blindly into anything. During the initial clinch from the knees, you should be testing your opponent, testing his balance and testing his position. If you clinch up and then push him, and he doesn't react quickly enough to counter the push, or if his base is not good, you should continue the push and mount him."

The Bottom Line

"Knee takedowns are something that every jiu-jitsu student needs to learn and work on because you'll use them so often in class," claims Braga. "For someone who doesn't compete a lot, but who does jiu-jitsu for exercise and fun, you'll probably get more enjoyment out of knee takedowns than you will from learning takedowns from the feet."

According to Braga, more than anything else, Brazilian jiu-jitsu students need to stay calm and focused on technique if they are to be successful. "You can often force your opponent to make a mistake or give you an opening that you can capitalize on," Braga says. "Like in a real match, however, just make sure that you are not the one that makes the mistake that gives your opponent a superior position. Wait for an opening or force a mistake from him. Then when you see it, go! More often than not, you'll end up on top."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FABIANO IHA

Continued from page 53

proven to work - not just empty theories.

Q: You've also done some movie and TV work recently, haven't you?

A: Yes, I was recently featured on a local TV show here in Orange County, California, and I've done two movies so far. One is *Nowhere to Go*, and the other is in production right now with just a working title. Anyway, I just finished the film and had the time of my life. I wasn't a big-name actor with a lot of lines. I just reported to the set one day and did stunt work. The first stunt involved driving, but I also helped coordinate a stunt scene in which a guy hung from a wall and ceiling. It was a lot of fun to help put it all together, and it really taught me a lot about stunt work.

Q: With so many interests, what do you think you'll be doing in five years?

A: Teaching the martial arts and working in the movies. In five years, I'll probably have retired from fighting.

Q: What makes you so successful at whatever you do?

Q: People tell me I'm very persistent. And I am. I keep going, and I push myself hard while training and competing. Anyone who knows me will tell you I don't give up easily.

Q: As a fighter, what's your trademark?

A: My persistence, and to a lesser extent my training. I try my best at everything I do, but I don't waste time doing things that don't get the results I want.

Q: Do follow a special strategy in the ring?

A: Always. However, it is not the same for each fight - it depends on my opponent. I approach every fight differently. For example, before I squared off with Laverne Clark, I trained to protect myself while standing. I also trained extra hard in takedowns. Laverne has long arms, so that's what I had to do to compete against him. When matched with other opponents who are built differently, I have various game plans and I adjust my strategy accordingly. Martial arts are about being flexible. You can't get dialed into one way of thinking, in fighting or in life.

Q: What do you fear in the ring?

A: Not getting paid after a fight - no seriously, I'd have to say nothing really frightens me. I know some guys are afraid to die in the ring but those are people who haven't done it very much. For the real pros I'd have to say that's one fear that never comes up. I actually think that mixed martial arts are one of the safest ring sports. In the ring, I think about more important things, such as fight strategy — my opponent's and my own.

Q: What's your edge in the ring?

A: I'm very focused when the bell rings. I expect to win every fight I enter. If you don't, you'll have a pretty poor fight record. The only thing that makes me nervous is when family, friends and fans pray for me and want me to succeed, because I don't want to let them down. I can deal with a loss but sometimes I think it is harder for my family and friends to deal with it that it is for me. So I like to get in there and do my best for them. Training hard for a fight, winning it,

and knowing I've done a good job — that gives me a great deal of satisfaction. It is a validation of everything I work for. It doesn't get much better than that.

Loren Franck is a Los Angeles-based writer and researcher.

ANDRE JERMAINE

Continued from page 73

can't buy me or my knowledge of Bushido.

Q: What are your overall goals in life?

A: To make people realize what the martial arts are really about. People need to learn that the martial arts are not a business to exploit and see how much money you can make off of it. Don't get me wrong, one should get paid for services provided but not practice back stabbing, betrayal and lies just for the sake of making money. The martial arts are being treated like a business now and their true meaning is becoming lost. People think a martial artist's talent and knowledge is measured by how big their school is. This allows businessmen who know nothing about the martial arts to open big schools and look as if they know the arts - it's corrupting the arts. Most "masters' don't even know what the martial arts are about and yet they have a black belt. There's more meaning to the martial arts than belts, money and arrogance. I'd like to teach that to the world.

I want people to understand that NHB is not barbaric or crazy. It is complicated and complex and the people who fight in it are geniuses not animals. We spend more time thinking during that 15 minutes of a fight than most people do all year - and we think under extreme pressure. That's what the martial arts are about : discipline, courage, loyalty, respect, and spirit. In general, NHB fighters are the friendliest athletes that you'll ever meet. I've never met an NHB fighter who was a complete jerk. I definitely can't say the same for the boxing world which is full of arrogance, disloyalty and attitude.

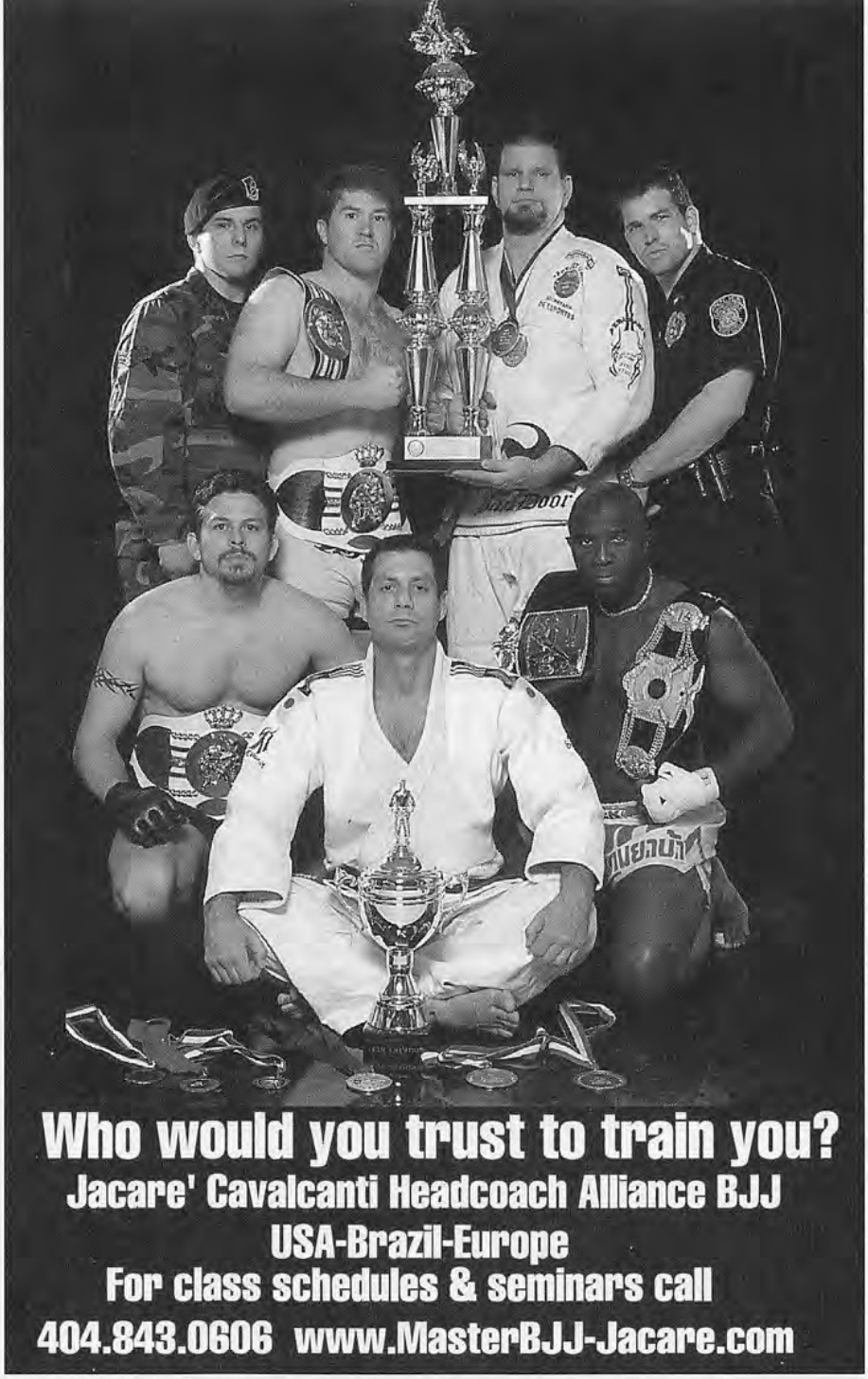
I would like to teach every woman in the world how to make a victim out of any loser that tries to attack her. It's easy and it can be done through my self-defense system. Women need to learn to defend themselves and quit counting on someone else to do it for them. They are more than capable. They only need the knowledge.

Most of all, I want to give guidance to knuckleheaded kids who are on the wrong track. I'd like to open a troubled kid's home which would center around the discipline of the martial arts. I don't believe a kid can be completely bad. Most troubled kids just see through an adult's insincerity and won't tolerate it. This pisses the adults off so they label him a troublemaker instead of admitting to their own faults. Then the kid rebels. All troubled kids need is a little guidance and something "real" to work towards. Nothing is more real to them than someone who can fight but yet who has respect and humbleness. It impresses them and when you impress a kid, they try to be like you.

Q: What is your definition of a champion?

A: A champion is someone who will fight their hardest and keep getting up. A champion is someone who can take a

Continued on page 91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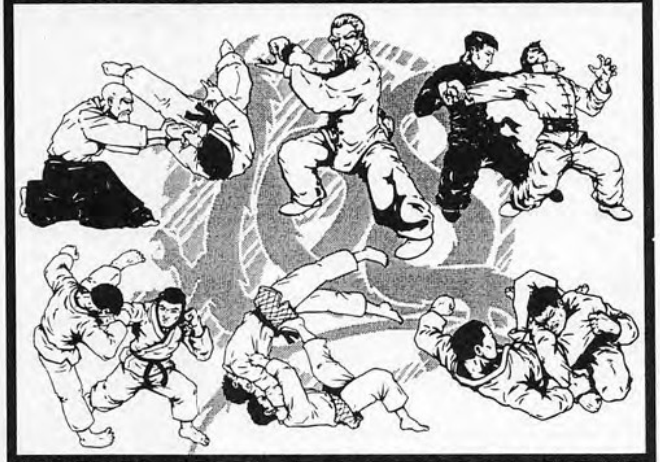

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ANDRE JERMAINE

Continued from page 89

knockdown and bounce back up. Sometimes he's at the bottom of the pile and sometimes he's at the top. No matter, he's still a champion in his heart not because of arrogance, but because of spirit, and perseverance. He will always try even when he's losing and will take his losses like he takes his wins - humbly and respectfully. A champion knows that there are other champions around him - and just because they don't have a belt, it doesn't mean that they're not one.

One of the greatest champions that I ever met was Kevin Randelmann. The night before our fights in the UFC we hung out in his hotel room talking about discipline, respect, loyalty, and more. He knew and understood all about the traditional Budo Way and he's supposedly "just" a wrestler. I was totally impressed by his heart and spirit and I laugh at people who say that wrestling is not a martial art. He will always be a true champion and he is a true martial artist through his wrestling skills.

I also know champions who don't fight in the ring. My mother is a true champion who lived a life of bad breaks and screwed-up men but yet always kept a pure heart towards her children and her fellowmen. I know elderly men who train right next to me with hearts of gold regardless of their age. They are true champions unknown to the world. A title belt or a black belt doesn't make a champion. The way a person lives their life makes them a champion.

RICO CHIAPPARELLI

Continued from page 81

couldn't. Maybe a lot of them didn't want to show the position outright, or maybe they didn't teach it the way it should be done. I don't know why it wasn't right or what their reasoning was, but I knew Kukuk knew it and was teaching it.

So then when he saw that I had a little bit of talent he said, "You know, my partner is going to be back. And you'll love him. You guys will get along famously." But I went there 10 or 15 times at the most because at the time I was doing a lot of other things. But then

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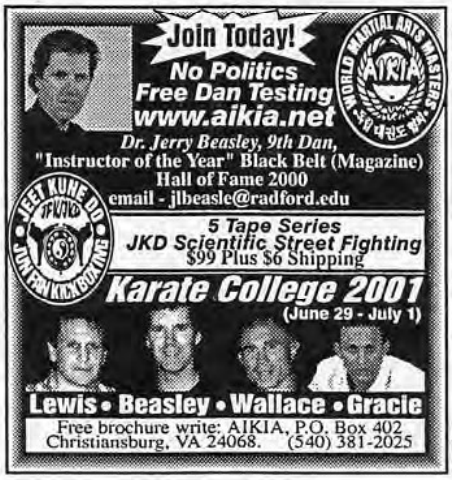
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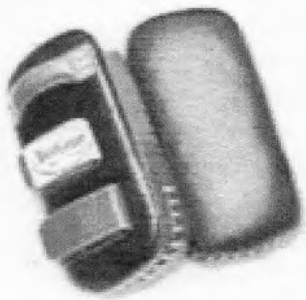

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Continued from page 91

every time I would go back they say "How come you only show up once in a while." Well, at that time I'd been wrestling for 29 years. I was finished doing anything like that every day - it was just too much for me at the time. But then I got really interested in learning. I learned a lot of the basic, basic stuff from those guys. And I showed him some of my wrestling tricks - so a lot of the time we were exchanging knowledge. And he was a really nice guy and Kukuk was a really nice guy, also.

Q: You've rolled with a lot of the top BJJ guys such as Rickson Gracie, Rigan Machado, Renzo Gracie, right?

A: I wouldn't say that I rolled 100 percent outright - the top BJJ guys don't really like to do that. It's not like in wrestling where you go into wrestling practice and the guys go as hard as if it was a real match. There's no ego in wrestling if you're wrestling with guys on your team. But Brazilian jiu-jitsu is a lot different than wrestling. I didn't know it at the time and I didn't understand it, even though Craig kind of tried to explain it to me. I was just this guy who came from a wrestling background where everything was totally open - everybody would train with anybody - you'd show anyone anything. I would tell guys, "I will show you every move that I'm going to do to you, and then I'll do it to you. And if you stop me that's great. And if you pin me then great - it would really surprise the hell out of me but more power to you." That's where wrestlers come from. We're actively trying to find someone to beat us, basically, so we can improve. How do you improve if you dominate everyone? But that's the competitive nature of wrestling. But the Brazilians will hold things back and they won't go as hard in practice. I think it is a different cultural basis.

Q: Can you compare the personal styles of the different Brazilian champions you've trained with?

A: Within any style there are millions of different approaches and interpretations. That's the way it is in any sport, not just in martial arts. Even in wrestling, for example, my style of wrestling is different from any style anyone else has ever seen. Everybody is built different. So it's really hard to pick someone's method of fighting apart and compare it to someone else's style.

Q: So after you learned submission you went on to the stand-up game. Was it difficult for you to learn punching and kicking ?

A: That is the absolute hardest stuff to learn for any wrestler. Because we always want to be moving forward, and doing that was like being a little kid again and trying to learn how to ride a bike. Learning how to kickbox was like that - just completely foreign. But the foot movements are the same as in wrestling; intercepting some of the punches are the same as blocking an arm grab; and some of the defensive movements are also pretty much the same. Once I went around in some other things, I came to the conclusion that all the martial arts are basically the same. Once you transfer your knowledge, and don't limit yourself by thinking that you're only a grappler, or only a striker then you catch on. It's all in the head and how you think about your-

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Continued from page 93

self. I do other things as well, such as tai chi, and there is a big benefit to that too. Some of the footwork is the same - you can see the same things in aikido. Chris Campbell, who is a famous wrestler, used to tell me, "You wrestle like you're an aikido guy." He was one of the first wrestlers who started doing other martial arts as part of his training. And I just said, "What's aikido?" I mean, I just had no clue.

The martial arts are a wide field. But the entire focal point of wrestling is combat, because we fight and compete every day - that's why the base and the sensitivity is so good. Everything is just shortened. A lot of the martial arts are only real if the other guy isn't defending, or it the other guy is giving you his wrist and you're letting him lead you around. But wrestling is real because the other person is trying to defend what you're doing and is trying to beat you. When someone is attacking, you have to shorten everything up, which wrestling does - the circle are very short, the lines are very quick, it's not as wide and open as it is in some of the other martial arts forms.

Q: You recently opened up the RAW Training Center in El Segundo, California, in Los Angeles County, with over 8,000 square feet. What is your vision for it?

A: We opened this thing just so we could have a place to train. There are not that many places that are open where people can train seriously that have wrestling mats, a jiu-jitsu room, a boxing ring, weights, showers, cardio equipment and training bags and gear. This is like a stage for us to present NHB to people who don't know any better, and a place to improve people who do. This is how I ideally think we should treat this sport. We have many different combat arts here - jiu-jitsu, wrestling, submission wrestling, Frank Shamrock teaches here, we teach Thai fighting, boxing, and cardio kickboxing for people who just want to stay in shape and not get into the combative aspects.

It's here to open people's eyes a little bit, and for me to learn more and for everyone to learn more as well. I have everything here that I would personally want to do myself. And eventually I want to have tai chi, and yoga, and a lot of other things as well. But we're just going to start small right now, and just have space for my guys to train, and for other people to come and train and to have some open space. The reason I came out here to do this is that L.A. is supposed to have all the top martial artists in the world living in a single city. So this is the place that's happening, and this is the place where we should be. I never try to get too rigid in what I plan and I never try to lock myself into an outcome. I just like to set up a situation and then see where it goes.

Q: What would you say to people who are interested in training at RAW?

A: This is a sanctuary for anyone who wants to live this particular lifestyle - you can come here and find your Way. No one around here has an attitude. No one around here is trying to beat anyone up or is walking around with a bunch of tattoos trying to get into someone's face - you can bring the tattoos, just

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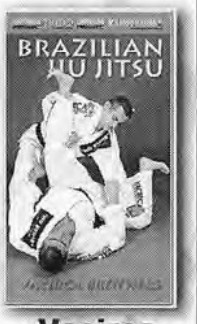

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RICO CHIAPPARELLI

Continued from page 95

don't get into anyone's face. This is a place where you can walk through the door without any fear or apprehension - a place that is open to anyone regardless of skill level, what you train, or who you train with. None of that matters to me. If you want to come here then come. You're welcome anytime.

Rico Chiapparelli and members of the RAW Team are available for classes or seminars by visiting or writing the RAW Training Center, 1130 El Segundo Blvd, El Segundo, CA, or by calling 310-322-5552

NO-HOLDS-BARRED

Continued from page 24

years and a former vice chairman. But also as of this writing, no hearing has been requested for sanctioning in Nevada, and Nevada commission executive director Marc Ratner told me that it would be at least several months before the issue of sanctioning MMA is even put on his commission's agenda.

There are still many who sit on these various commissions who either know little or nothing about MMA, or maintain an ill-informed Neanderthal predisposition against it. For example, Greg Sirb, president of the Association of Boxing Commissions, the joint body of the athletic commissions, and also executive director of the Pennsylvania State Athletic Commission, is still opposed to MMA, and said that he doubts his state's anti-MMA statute will be changed.

Others, of course, like Larry Hazzard, Sr., commissioner of the New Jersey State Athletic Control Board, have already sanctioned numerous MMA events. Commissioner Hazzard even declared at the UFC XXX Fighters' and Managers' Meeting, "You have arrived as a legitimate sporting enterprise," and is organizing a meeting of US MMA promoters to develop a common, refined, and consolidated set of rules and regulations to govern the sport. But more work remains to bring more members of the Association of Boxing Commissions around to this enlightened view.

All this will also require Zuffa to cooperate with other MMA promoters. Needless to say, cooperation among MMA promoters is usually quite a rare bird, and again hopefully Zuffa will learn from the past mistakes of others. While Zuffa also appears to be willing to sink into their deep pockets to bankroll UFC until these obstacles can be overcome, they may not be the only big money men jumping into this business. Michael Ovitz, Hollywood super-agent has as he has been exploring setting up his own MMA promotion in the US and boxing legend Thomas "Hit Man" Hearns is trying to work with Japanese pro wrestling promoter and Pride producer Antonio Inoki to create a show in the US and abroad that will feature all real fights in various styles all on one event, including MMA, boxing, and sumo wrestling.

The main rival to UFC is, of course, Pride, which has done surprisingly well on US pay-per-view on DirecTV for a Japanese company. Pride's parent company, Dream Stage Entertainment,

Continued on page 101

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TAE KWON DO FOR KIDS

FEATURING PAUL KIM

Tae Kwon Do is the first martial art since judo to be accepted for Olympic competition and many tae kwon do competitors have their sites set on a gold medal. And the best way to achieve that degree of proficiency is to start young. California's Paul Kim is considered one of the world's top authorities when it comes to teaching children. If you're a young student of tae kwon do, the parent of a student, a beginning, intermediate or advanced practitioner, you can't afford to miss this series. And it's an absolute MUST for instructors!

Volume 1: Beginning Level
The basic moves, footwork and kicks, and how to effectively teach them to children.
#TKDK01 • $39.95 • 58 min.

Volume 2: Intermediate Level
Combinations, forms, and intermediate level techniques.
#TKDK02 • $39.95 • 58 min.

Volume 3: Advanced Black Belt level training.
#TKDK03 • $39.95 • 58 min.

Volume 4: How to Make Classes Interesting
A primer for students and instructors alike on how to maintain enrollment and keep classes fun!
#TKDK04 • $39.95 • 58 min.

CHI KUNG

FEATURING WEN MEI YU

Chi Kung is the ancient art of health, longevity and achieving harmony. Wen Mei Yu, trained by the foremost Chinese Masters, now brings her knowledge of this rare and unique style of Wei Tuo Chi Kung to the rest of the world.

Volume 1
Features the basic concepts of Wei Tuo Chi Kung and a historical and philosophical overview of Chi Kung practice. Shown are the foundations, such as breathing, the practice of the form, posture and relaxation.
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Volume 2
More advanced concepts of Wei Tuo Chi Kung, and the second part of the step-by-step form instruction.
#WEI02 • $39.95 • 58 min.

COMBAT TAI CHI

FEATURING MARK CHENG

Like the other styles of Chinese martial art, Tai-Chi was born of combat. A complete fighting system, Tai-Chi includes deceptive kicks, relaxed punches, powerful throws, and painful locks. Mark Cheng, one of Tai-Chi's exciting young instructors and scholars, has researched the applications of the Yang style long form since his childhood. He illuminates many of the secrets of full-body fighting in combat Tai Chi.

Volume 1: Basic Drills & Straight Line Theory
The foundation for your Tai-Chi training. Techniques of the first section of the Yang style long form in fine detail.
#CTC01 • $39.95

Volume 2: Straight Line Combat
Soft blocking, palm striking, reverse joint-locking and dislocations, the Tai-Chi fist structure, and rolling kicks.
#CTC02 • $39.95

Volume 3: Angular & Reverse Angles of Encounter
Walking drill patterns of angular and reverse footwork set up more devastating throws, strikes, and locks.
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Volume 4: Deceptive Kicks & Power Throwing
The kicking section.Also throws, like "Strike Tiger" that will send your opponents flying.
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Volume 5: Spiral Motion & Advanced Principles
Spiral motion. Tai-Chi's coiling and un-coiling motions, the "4 Corners Drill".
#CTC05 • $39.95

Volume 6: Combining the 4 Pillars of Tai Chi
Combining the 4 Pillars of Tai-Chi.
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COMBAT JIU-JITSU

FEATURING NORMAN LEFF

Norman Leff started training as a teenager, more than 50 years ago, and rapidly attained proficiency in several systems. While working as an English language instructor in South America, Norman met a man named Kenji Tanaka. Tanaka, a former Japanese Imperial Marine, was well versed in the aspects of jiu-jitsu not conventionally taught to the public, even in Japan! For several years Norman trained under Tanaka-sensei, and today he holds the rank of headmaster in this rare and dynamic system of jiu-jitsu.

Volume 1: Atemi Waza Striking Techniques
Vital Points, striking techniques and footwork.
#CJJ01 • $39.95

Volume 2: Locks and Throws
Control techniques and jiu-jitsu's most effective throws.
#CJJ02 • $39.95

Volume 3: Counterattack
When the other person makes the first move!
#CJJ03 • $39.95

Volume 4: Fight Stoppers
How to end a confrontation before it escalates.
#CJJ04 • $39.95

COMBAT KUNG-FU

FEATURING GERALD OKAMURA

Many martial artists consider Kung-Fu San Soo the ultimate expression of free-fighting. Gerald Okamura trained for over 25 years with the late San Soo Master Jimmy H. Woo, now brings the principles of this devastating martial art to the public!And, as a special bonus, at the end of every tape Gerald, who also has an extensive background as a stuntman and stunt coordinator, reveals The Secrets of Movie Stunts.

Volume 1: How to Become an Effective Fighter
The underlying strategies used to make any unarmed combat art more effective.
#CKF01 • $39.95 • 58 min.

Volume 2: Free Fighting Strategies, Part One
How to overcome an opponent, regardless of size, strength or level of training.
#CKF02 • $39.95 • 58 min.

Volume 3: Free Fighting Strategies, Part Two
Groundfighting and takedowns. Plus dealing with multiple attackers.
#CKF03 • $39.95 • 58 min.

Volume 4: Fighting with Weapons
How you can turn anything you can pick up into an effective weapon!
#CKF04 • $39.95 • 58 min.

CHRIS KENT'S JEET KUNE DO FROM A TO Z

FEATURING CHRIS KENT

Chris Kent began his training more than 25 years ago as one of Dan Inosanto's original "backyard" students. He has trained in literally every phase and facet of JKD, from the methods that were taught immediately after Bruce Lee's death to the "concepts" approach of today. He is considered one of the world's most knowledgeable JKD instructors.

In this one-of-a-kind video series, Chris Kent brings the student back to basics, and introduces the scientific fighting principles developed and used by Bruce Lee himself.

Tape 1: Mastering the Basics.
A wealth of knowledge from how to stand, how to move, the "lead-hand" ready position to body alignment and mobility.
#JKDK01 • $39.95 • 58 min.

Tape 2: JKD Strikes
Learn the famed "straight blast," as well as the vertical fist position, elbow moves, footwork, and combination. Chris shows you when to use various strikes, and how to apply them from every angle.
#JKDK02 • $39.95 • 52 min.

Tape 3: Scientific Fighting
Learn the various types of attack, timing, feints and distraction. Chris offers detailed explanation of the concepts Bruce Lee spent most of his life formulating.
#JKDK03 • $39.95 • 58 min.

Tape 4: Advanced Strategies
In this tape, Chris reveals some of the more advanced strategies of JKD. Learn false attack, flowing, interception, precision, parries, and simultaneous attack and defense.
#JKDK04 • $39.95 • 51 min.

Tape 5: Know the Moment
In this tape, Chris introduces one of the most advanced and "mysterious" levels of JKD training, "knowing the moment." Learn when to move and when not to move, and the principle of the "intercepting fist," where the best defense is a well-timed offense.
#JKDK05 • $39.95 • 51 min.

COMBAT MUAY THAI

FEATURING WALTER "SLEEPER" MICHALOWSKI

Over the centuries, Muay Thai has, justifiably, earned a reputation for being one of the world's most effective martial arts. Prior to this tape series, Muay Thai training videos have been limited exclusively to training for sport competition. Now, this gap has been closed, as multi-titled Muay Thai champion Walter "Sleeper" Michalowski shares the practical applications of Muay Thai for fitness and self-defense.

Volume 1: Conditioning and Bag Drills
The exercises and drills found in Muay Thai can make anyone stronger, faster, more limber, with quicker reflexes. In the first tape, Walter takes you through the unique Thai training methods, not found in any other martial art.
#CMT01 • $39.95 • 56 min.

Volume 2: The Thai Pad Workout
The cornerstone of Muay Thai training is the use of the Thai Pads. Thai Pad training develops power, speed, response time, hand and foot synergy, coordination, eye and body harmony, timing, and virtually every attribute of the fighter.
#CMT02 • $39.95 • 61 min.

Volume 3: Fitness and Self-Defense
In this one-of-a-kind tape, Walter reveals his training secrets and some of his best street techniques. Walter and his personal trainer take you into the gym, and show you how to use "The Sleeper Machine" and the unique training exercises designed by and for Walter to build lightning strength and speed. Then it's outside for conditioning. And, finally, how to use one of the world's most effective martial arts to defend yourself and others!
#CMT03 • $39.95 • 47 min.

COMBAT WING CHUN

WITH ALAN LAMB

Wing Chun is one of the most mysterious and effective forms of Kung-Fu ever developed. It's unique training exercises and principles give the practitioner the ability to often overcome larger and stronger opponents, as well as "first strike" speed. Alan Lamb, a Hong Kong trained instructor of Wing Chun with over 30 years of experience now brings this unique system into the 21st century.

Tape 1: Wing Chun vs. The Street Fighter
Alan Lamb teaches how to use the principles of Wing Chun against the unpredictable. Learn how to deal with literally every form of attack from the "sucker punch" to the "flurry" to the "tackle."
#CWC01 • $39.95 • 41 min.

Tape 2: Wing Chun vs. The Martial Artist
In today's society, it is very likely that an attacker may have some form of martial arts training. In this tape, Alan Lamb teaches how to defend against a trained attacker, and utilize the principles of Wing Chun to defeat and completely neutralize the attacker's techniques.
#CWC02 • $39.95 • 44 min.

Tape 3: Overcome a Larger, Stronger, Opponent

Alan Lamb reveals the strategies used in Wing Chun to overcome a larger opponent, as well as multiple attackers. As evidence of the unique training drills of Wing Chun, Alan has included, in this tape, and incredible demonstration of blindfolded Chi Sao (sticky hands).
#CWC03 • $39.95 • 61 min.

TIM CONNOLLY'S GOLD MEDAL TAE KWON DO

FEATURING TIM CONNOLLY

Tim Connolly is one of the most renowned Tae Kwon Do instructors in the world. In addition to being a world champion in his own right, Tim is currently a member of the Olympic Committee.

Now Tim shares his fundamental principles of winning Tae Kwon Do with you. Tim reveals the secrets he used to turn the untrained Chinese athletes into world class competitors. Is there a Gold Medal in your future?

Tape 1: Mastering the Basics

In this tape, Tim Connolly reveals all the basics needed to build a strong foundation, such as kicks, strikes, and basic motion. Through step-by-step, instruction, Tim shows you how to fine tune your moves.
#GTKD01 • $39.95 • 54 min.

Tape 2: Developing your Tools

In this tape, Tim continues to develop your basic skills. He instructs you in the all-important fundamentals of timing, distancing and reveals his arsenal of effective drills for developing these skills.
#GTKD02 • $39.95 • 55 min.

Tape 3: Intermediate Drills

Tim Connolly brings you a series of drills designed to further enhance your skills. He then takes you into specific situations and teaches you how to identify and anticipate various forms of attack and defense.
#GTKD03 • $39.95 • 45 min.

Tape 4: Sparring Techniques and Strategies

"Controlling the game." Tim reveals his winning approach to sparring. He teaches how to maintain control of the match, and instantly read your opponent's intent. A MUST for any serious competitor!
#GTKD04 • $39.95 • 54 min.

Tape 5: More Advanced Sparring Strategies:

Tim progresses into more advanced strategies, including how to recognize and overcome your opponent's strategy.
#GTKD05 • $39.95 • 45min.

Tape 6: Advanced Kicking Drills

An amazing series of kicking drills which can be practiced by beginners, but will be a challenge even for the advanced. Tim and his team of world champion black belts reveal their own unique personal drills, and how YOU can follow in their footsteps.
#GTKD0 • $39.95 • 51 min.

KALI ILUSTRISIMO

FEATURING CHRISTOPHER RICKETTS

Kali Ilustrisimo is a highly effective system of Filipino martial arts. Presented by the First Generation Senior Students of the art, this unique style is demonstrated and explained in detail by Senior Instructors Christopher Ricketts and Rey Galang. The Kali Ilustrisimo videotape series finally makes public the much sought after and respected art of the late Grandmaster Anotonio "Tatang" Ilustrisimo.

Tape 1: The Foundation

Volume 1 covers the basic strikes, stances, footwork and techniques of Kali Ilustrisimo. This tape covers the secrets and techniques of Bagsak, Lastiko, De Cuerdas, Patapyas and many others.
#KALL01 • $39.95 • 33 min.

Tape 2: Drills and Blocks

Volume 2 demonstrates the drills and blocks of the art. Presented are the techniques of Estrella, Media Fraile, Pluma, Cadena Real, and others. This tape also includes disarming techniques. Master Galang demonstrates and explains the fundamental double stick drills and techniques.
#KALL02 • $39.95 • 40 min.

Tape 3: Flowing Drill and Fighting Grips

Volume 3 presents in detail the highly effective signature flow drill (cuatro cantos) of Kali Ilustrisimo. Discover the unique training methods and techniques that made Kali Ilustrisimo a much sought-after and respected art.
#KALL03 • $39.95 • 38 min.

Tape 4: Espada y Daga

Volume 4 presents the art of Espada y Daga, as practiced and taught in Kali Ilustrisimo. Master Ricketts demonstrates the art of Dos Manos as well as numerous techniques of knife defense. Master Rey Galang unveils Tulisan, the knife fighting art of Kali Ilustrisimo. This tape also includes a demonstration of the execution and application of the Tulisan knife forms Alas and Lengua de Fuego.
#KALL04 • $39.95 • 45 min.

GRANDMASTER LEE KAM WING'S NORTHERN MANTIS KUNG-FU

FEATURING LEE KAM WING

As legend has it, a well known fighter was badly defeated. While on the ground, recovering from his wounds, he witnesses the motions of a praying mantis stalking and capturing its food. He studied the motions of this unique insect for many years, duplicating the speed, stealth and timing. Ultimately, he created a system which is said to have made him unbeatable.

Tape 1: Beginning Crushing Step

This tape reveals the "Crushing Step" (Bombo) form of Mantis Kung-Fu. Grandmaster Wing takes the student through all of the moves from several different angles, then explains all of the various applications.
#MANT01 • $39.95 • 47 min.

Tape 2: Intermediate Big Wheel Fist

The Big Wheel Fist form (Dan Fa Che)is shown from various angles, giving the student a clear view of every move, Plus step-by-step instruction in the deceptive footwork and body positioning, and lightning fast strikes of Dan Fa Che.
#MANT02 • $39.95 • 51 min.

Tape 3: Advanced Peach Flower Fist

In this tape, Grandmaster Wing's top students first perform the two-man set, then demonstrate the applications of this unique form. Step-by-step instruction in timing, sweeps, strikes, feints, evasions and other attributes.
#MANT03 • $39.95 • 52 min.

MONKEY KUNG-FU

FEATURING PAULIE ZINK

Master Paulie Zink is one of the Western world's leading instructors of this unusual Chinese martial art. Now, the "Monkey King of America" brings the art of Tai Shing Pek Kwar to the public in this one-of-a-kind series of home videos. Master Zink demonstrates the fundamental, intermediate, and advanced techniques of one of China's rarest and most effective fighting systems.

Volume 1: Monkey Kung-Fu Staff

In this dynamic tape, America's Monkey King teaches the numerous aspects and training methods of the Tai Shing Pek Kwar staff form. You will learn how to hold the staff properly, numerous staff exercises, self-defense applications, and finally, the complete Pek Kwar staff form.
#MON01 • $39.95 • 35 min.

Volume 2: Fundamentals and Advanced Training

In this volume, Master Zink provides a detailed breakdown of both the basic and advanced techniques, movements, stances and exercises of both Tai Shing (Monkey) and Pek Kwar (Ax Fist) Kung-Fu. This series of movements must be mastered before the student can perform the complete Monkey art.
#MON02 • $39.95 •53 min.

Volume 3: Forms and Applications: Mi Chung

Mi Chung, known as the "duck" and "drake" form, is an intricate Pek Kwar form that demonstrates both long-range and short-range strikes and movements. Master Zink explains the techniques of this form, which was originally developed by Monkey Grandmaster Ken Tak Hoi.
#MON03 • $39.95 • 37 min.

Volume 4: Forms and Applications: Small Plum Blossom

Small Plum Blossom is an advanced Pek Kwar form, invented by Pek Kwar founder Ma Chai Ho. This form provides a combination of both short arm and long arm strikes and kicks.
#MON04 • $39.95 • 37 min.

Volume 5: Forms and Applications: Leg Sweeping Form

Leg flexibility and movements are featured in Monkey Kung-Fu's leg sweeping form.
#MON05 • $39.95 • 33 min.

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Volume 6: Forms and Applications: Tei Tong

The Tei Tong (great earth) form is a must for serious Monkey kung-fu students. This "ground rolling" form is a prerequisite for learning the movements used in Monkey kung-fu, and is filled with ground rolling techniques and low postures.
#MON06 • $39.95 •36 min.

Volume 7: Fundamentals of Taoist Yoga

Taoist Yoga is an integral part of the Monkey style. Master Zink demonstrates a variety of flexibility training and internal breathing exercises. You will also learn a variety of sitting, walking and breathing exercises, and the Five Transforming Energies.
#MON07 • $39.95 • 57 min.

ESSENCE OF NGO CHO KUN

FEATURING ALEX CO

Ngo Cho Kun (five ancestor fist kung-fu) originated in the late 1800s in Fujian province, China. It was the brainchild of an accomplished martial artist named Chua Giok Beng. Always looking for the most efficient techniques to combine into the perfect fighting art, Beng finally settled on the techniques of five famous Chinese martial arts: Peho (Fujian white crane), Kao Kun (monkey boxing), Tai Cho (grand ancestor boxing), Lohan (internal Buddhist boxing), and Tat Chun (Damo's iron-body training).

Volume 1: Sam Chien and Li Sip Kun

This tape includes: History and development • Three basic stances and five basic footwork movements • Demonstration and classification of the long and short, single- and double-hand techniques • The opening and closing sets of all Ngo Cho Kun empty-hand forms • Breakdown and demonstration of the Sam Chien ("Three Wars") form and Li Sip Kun ("20 Punches") forms
#NGO01 • $39.95 • 49 min.

Volume 2: Tien Te Lin Chien and Sang Sau Kun

This tape includes: • Intermediate stances and footwork • Breakdown and demonstration of the Tien Te Lin Chien ("Heaven, Earth, and Man Tension") and Sang Sau Kun (Double Roundhouse Fist") empty-hand forms.
#NGO02 • 49 min.

Volume 3: Pieng Me Chien and Se Mun Pa Kat

This tape includes: • Intermediate stances and footwork • Breakdown and demonstration of the Pieng Me Chien ("Even Stance Tension") and Se Mun Pa Kat ("Hitting the Four Directions") empty-hand forms.
#NGO03 • $39.95 • 41 min.

Volume 4: Hong Be Chien and Se Mun Kua Sau

This tape includes: • Advanced stances and footwork • Breakdown and demonstration of the Hong Be Chien ("Phoenix Tail Tension") and Se Mun Kua Sau ("Sweeping the Four Directions") empty-hand forms.
#NGO04 • $39.95 • 51 min.

PAI LUM TAO

FEATURING GRANDMASTER GLENN C. WILSON

Grandmaster Glenn C. Wilson is a direct disciple of the late legendary Great Grandmaster Dr. Daniel Kane Pai. He will walk you through the traditional movements of this most fascinating style—Pai Lum Tao. Walk down the path of a Pai Lum Warrior as you learn the virtues of the system three disciplines of Pai Te Lung Chuan Kung Fu, Bok Leen Pai Kenpo and the Pai Yung Internal art of Kuan Yin Chi Kung.

Pai Lum Tao's Ling Wood Chuan Form - Kung Fu

Ling Wood Chuan is Pai Lum Tao's "Fast and Accurate Fist Form" and is a long range form found in the basic curriculum of Pai Lum Tao's Kung Fu discipline. This Form will develop intricate footwork, coupled with powerful crushing fist and slicing blade hands. From it's flexible snake movements to it's disciplined one leg crane, the stances of Ling Wood Chuan will enhance and build a stronger foundation.
#PAI01 • $39.95 • 56 min.

Pai Lum Tao's Ghost Fist Techniques - Kung Fu, Intermediate Level

One of the most fascinating aspects of marital arts is the practice of the Ghost Fist Techniques. Learn to float past an attacker where they become the prey and you transform into the predator. This effortless swirl of energy, which explodes into the attacker, is found in the intermediate and advanced training of Pai Lum Tao's Kung Fu discipline of Pai Te Lung Chuan.
#PAI02 • $39.95 • 58 min.

Pai Lum Tao's Short Tiger Form - Kenpo

The "short hand" training of Pai Lum Tao is the discipline of Bok Leen Pai Kenpo. This Kenpo training begins with Short Form of the Tiger and Movements of the Tiger. Here both forms have been run together to teach the very power of Pai Lum Tao.
#PAI03 • $39.95 • 52 min.

Pai Lum Tao's Kuan Yin Form - Chi Kung

These ancient breathing patterns are found at the very nucleus of Pai Lum Tao's internal discipline of Pai Yung - Kuan Yin Chi Kung. Stress is cast out while one develops deeper breathing motions, which create more energy balanced with a state of calmness.
#PAI04 • $39.95 • 56 min.

SAGASA - FILIPINO UNARMED COMBAT

FEATURING CHRISTOPHER RICKETTS

Sagasa Karate/Kickboxing is a Filipino system of unarmed combat based on the principles and concepts originated by Dr. Gullermo Lengson of the Karate Federation of the Philippines (KAFEPHIL). Bakbakan International's Chief Instructor Master Christopher Ricketts presents the art of Sagasa assisted by Bakbakan Seniors Rey Galang and Eugene Pelegrin.

Volume 1: Basic Stances, Kicking Drills and Series Principles

Volume 1 introduces the concept of Series; a groundbreaking training method that has made Bakbakan fighters a force in both point and contact sparring. Learn the basic stances, their applications, and integration. This tape also includes Bakbakan's kicking drills and the foundations and fundamentals of the dodging drills. The quintessential Sagasa Series 3 and 4 are presented in detail.
#FIL01 • $39.95 • 42 min.

Volume 2: Series Principles and Training Methods

The strategy and concept of straight dodging as well as the scissors drills are discussed in detail. Volume 2 includes the Crane Attack and Series 5 and 6. Master Ricketts discusses and demonstrates boxing fundamentals and the principles of power and speed training.
#FIL02 • $39.95 • 36 min.

SECRETS OF 7 STAR PRAYING MANTIS

FEATURING ALEX CO

Constructed of eighteen different styles, the praying mantis system of kung-fu is one of the most popular in China today.

Volume 1 : Shi Pa Shou Form and Application

Included in this tape is: • An introduction and history of 7 Star Praying Mantis • Basic stances • Explaining misconceptions about the mantis hand and proper hook positions and their uses. • Introduction to basic punching techniques • Introduction to basic kicking techniques • Demonstration of the complete Shi Pa Shou ("Eighteen Elders") empty-hand form
#7STR01 • $39.95 • 46 min.

Volume 2 : Mei Hua Chien Form and Applications

Included in this tape is: Advanced empty-hand palm strikes • Advanced mantis hook strikes • Advanced punches • Advanced kicks • The complete Mei Hua Chien empty-hand form • Fighting applications of the Plum Flower Fist
#7STR02 • $39.95 • 52 min.

NO-HOLDS-BARRED

Continued from page 96

has also opened up feelers about running an event in the US this year, all with the knowledge that they will have to leave all worked or fixed matches and pro wrestling angles behind. Zuffa's experience, connections, and ownership of the world's most recognizable MMA company should give them an edge in this competition. Zuffa should have an advantage over their competitors in being the first to win the regulatory battle in Nevada, and then with the cable monopoly. Many of their competitors come from different worlds and often do not know how things works regarding MMA and politics in the US. Also, this sport is littered with failed attempts at creating a rival to UFC on American shores. Zuffa's main challenge thus remains finding and sustaining avenues to educate, excite, and enthrall growing numbers of fans. The fate of MMA in America may hinge on how successful they are.

Eddie Goldman is host of No Holds Barred, *a daily Internet talk show on* eYada.com.

Mat Time

Continued from page 14

Jr. tweaked the rules to give more importance to offensive moves like attacks and sweeps, and a new, younger group of fighters began to appear in the fighting scene. The new rebellious breed was led by the likes of Antonio "Nino" Schembri, Fernando "Margarida" Pontes and Robson Moura. These "young Turks" did not want to fight for a simple win by the slightest of margins but rather, perhaps inspired by the old masters or perhaps wanting to bring their own personality to the sport, they wanted to win by submission. The new breed wanted to go for broke and give it their all, to see in the end, which one would come out the victor. They had the "quien es mas macho" attitude all over again – and it was a breath of fresh air.

The big result of this new attitude is that the sport is more appealing to fans, more fun for competitors, and it allows more spectator interest in the sport. These are all things that much be present if BJJ is going to grow and flourish in the 21st century. Perhaps the goal of submission, not points, is something that we should all keep in mind when we are training and competing. Now go hit the mats!

Catch of the Day

Continued from page 10

Conditioning, I told my students to hold the bridge for time, usually to the count of 200, which if done right, is three minutes. This in and of itself is a hard thing to do. When you only count the seconds, you tend to be more focused on the pain you feel as your muscles shake and ache. After using the same method I have just described for months, a light went on when my cruel and kind teacher, Karl Gotch, told me to "relax in the bridge." He told me to think of myself as if I were a contor-

Continued on page 107

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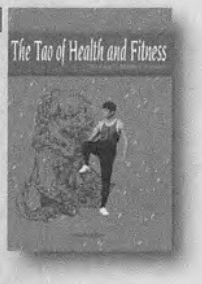

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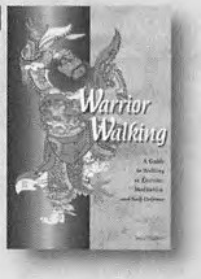

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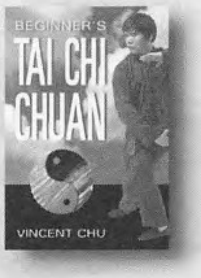

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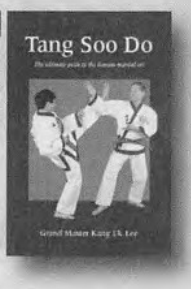

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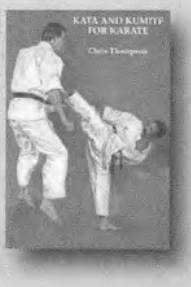

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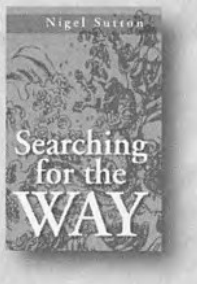

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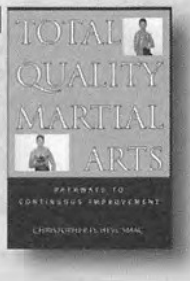

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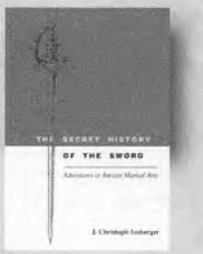

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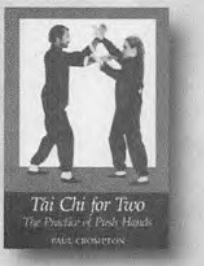

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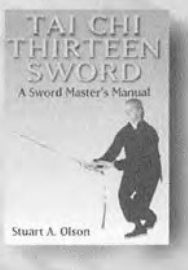

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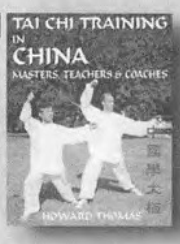

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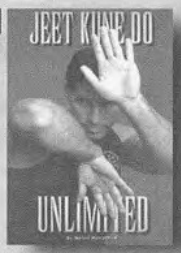

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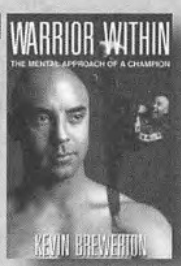

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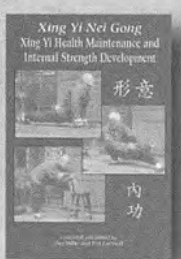

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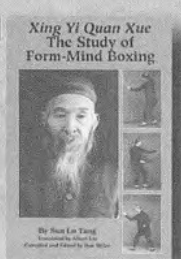

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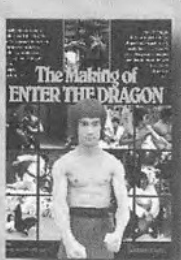

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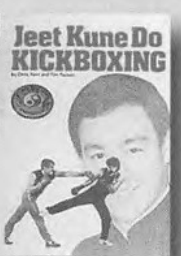

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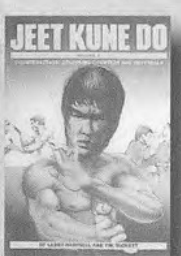

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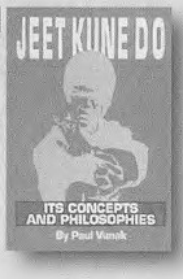

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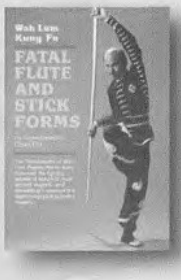

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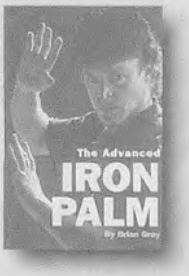

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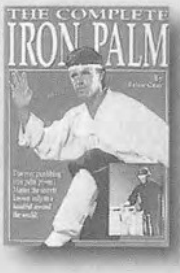

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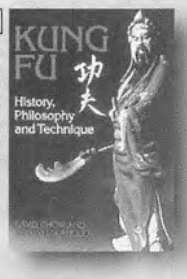

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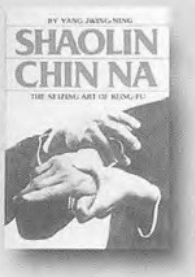

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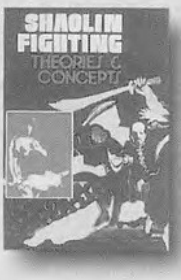

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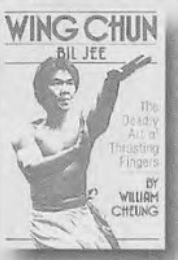

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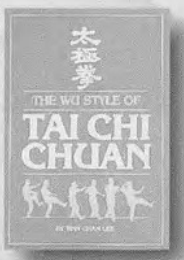

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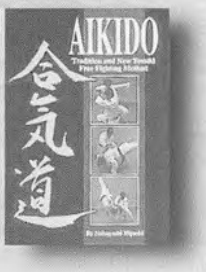

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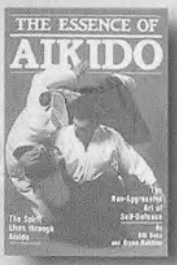

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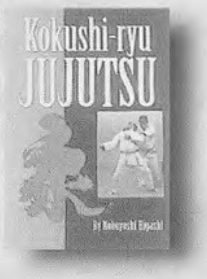

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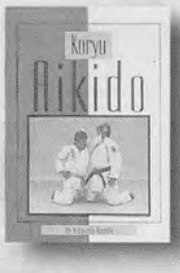

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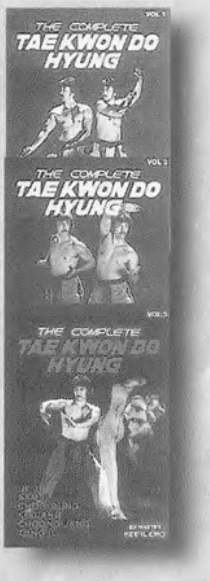

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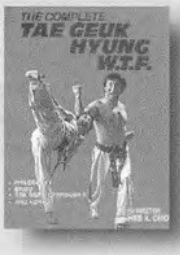

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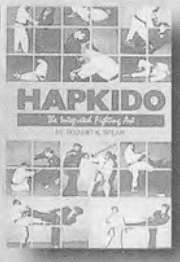

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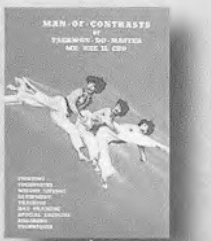

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Catch of the Day

Continued from page 101

tionist, someone like Houdini.

I got on the Internet one night and watched some archived clips of Houdini. The guy was amazing. Talk about muscle control. He could literally move his body any way he wanted. What also struck me, though, when reading about him, was the time he was locked in an air-tight coffin for over an hour. When asked how he survived he said that you needed to know how to breathe deeply. Another light went on. Maybe this deep breathing was also Farmer Burns' secret to staying in the hangman's drop for three minutes. Maybe deep breathing, and his big, strong 20" neck was also Burns' secret to not being choked out with strangle holds, too. After all, Burns continually advocated deep breathing in his 1914 mail order course, *Lessons in Wrestling & Physical Culture.*

So I got into the bridge and relaxed as best I could. I realized that I relax best when I breathed deeply. I'd inhale and hold for a count, then exhale and hold for a count. Guess what happened? Like any other stretch, the deep breathing and relaxed mindset allowed me to go further and to hold it with remarkable ease. At that point I wondered if I should just forget about the time and count my breaths instead. The first time I did this I counted 40 breaths, then came out of the bridge. To my utter amazement, I had been in the bridge for three minutes. I was astonished. It felt like no more than a minute. I went into my front bridge and did the same thing with 40 breaths. This took four minutes. Again, the time went by in a flash. For the next week I continued to do the same: inhale, hold, exhale, hold. And in one week's time I was only taking 20 breaths in three minutes. I had reduced the time in half. I couldn't believe it. So I started testing the method with my students and they got similar results. One student went from 70 breaths in three minutes to 20, and he did this in one week.

How valuable is this to an athlete? Well, what I found was this: When I wrestled, I was much more relaxed. My lung power had dramatically improved and my muscular stamina was greater. Additionally, I started to feel like I could sense and feel what was happening on the mat far sooner than before. My reactions were keener and my speed and timing improved. Those are the types of results you can expect as well.

To summarize, get into the bridging position and relax. Breathe in for a few seconds, hold for a second or longer. Breathe out for a few seconds, and hold for a second or longer once again. As you get better, inhale and exhale for longer periods, and hold the pause between the breaths for longer periods. Do this beginning today and I can guarantee that you'll benefit from the practice like never before. And when you are finished and feel energized beyond belief, you'll know why I tell the Eastern martial artists that I practice "bridging chi kung."

Matt Furey is the author of Combat Conditioning, and Combat Abs. *Each book is available for $29.95 plus $5 S&H (U.S.). To order call (813) 994-8267 or visit Matt on the Internet at* www.mattfurey.com.

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TABLE OF CONTENTS

PART I
- Introduction
- Early Days
- In The Marines
- Boxing
- Judo
- CIA

OUT TO ASIA:
- Aikido Interlude
- At the Kodokan
- Cathedral Caper
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- Takahiko Ishikawa
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- Dermot M. "Pat" O'Neill
- The Legendary Fairbairn
- A Pause

PART II
- Taiwan: A Martial Watershed
- Return to America & Judo
- Judo and Taiji
- Back at CIA
- To Teach is to Love & Learn: A Soliloquy
- Xingyi & Bagua.
- The Other Internal Arts
- Rose Li: Cherchez la Femme
- A Word on Weapons

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- True Taiji
- Guo Lianyin

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- Credits
- Glossary
- Index

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Unique Publications, Inc.
4201 Vanowen Place
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(800) 332-3330

Traditional Goju-Ryu Karate
FEATURING KENT MOYER

VOLUME 1: WHITE BELT TECHNIQUES
Junbi Undo • Hojo Undo • Kihon • Kihon Ido • Sandan Uke Harai.
GOR01 • $39.95

VOLUME 2: YELLOW BELT TECHNIQUES
Hojo Undo • Kihon Ido • Sandan Gi Ni • Higaonna Sanchin Kata • Miyagi Sanchin Kata • Geki Sai Dai Ichi Kata • Geki Sai Dai Ichi Bunkai • Geki Sai Dai Ni Kata.
GOR02 • $39.95

VOLUME 3: GREEN BELT TECHNIQUES
Kihon • Kihon Ido • Introduction to Fighting Stances & Movements • Kihon Ido Fighting Drills • Kotekitai • Sandan Gi San • Geki Sai Dai Ni Bunkai • Saifa Kata • Randori.
GOR03 • $39.95

VOLUME 4: BROWN BELT TECHNIQUES
Ukemi • Kihon Combinations • Basic Kakie • Sandan Gi Yon • Saifa Bunkai • Seiunchin Kata • Ippon Kumite • Yakusoku Kumite.
GOR04 • $39.95

VOLUME 5: BLACK BELT TECHNIQUES
Kihon Ido Combinations • Sandan Gi Go • Advanced Kakie • Seiunchin Bunkai • Shisochin Kata • Shisochin Bunkai • Weapons Defenses • Point Fighting • Iri Kumi.
GOR05 • $39.95

HAPKIDO
FEATURING SCOTT SHAW

Part 1: The Basic Elements of Hapkido
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.
HAP01 • $39.95 • 49 min.

Part 2: Deflections, Joint Locks & Throws
Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.
HAP02 • $39.95 • 55 min.

Part 3: Kicking Techniques & Defenses
Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.
HAP03 • $39.95 • 51 min.

Part 4: Ground Fighting, Weapon Defenses and Cane Techniques
The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.
HAP04 • $39.95 • 53 min.

IRON PALM TRAINING
FEATURING BRIAN GRAY

Part 1
This series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.
IRON01 • $39.95 • 53 min.

Part 2
FEATURING BRIAN GRAY
In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.
IRON02 • $39.95 • 42 min.

Part 3
FEATURING BRIAN GRAY
In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques.
IRON03 • $39.95 • 34 min.

DEFINING JEET KUNE DO
FEATURING BURT RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

Pt 1: Introduction to Jeet Kune Do
In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.
DJKD01 • $39.95 • 50 min.

Pt. 2: Empty Hand Ranges
This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations.
DJKD02 • $39.95 • 50 min.

Pt. 3: Attributes and Training Methods
In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist.
DJKD03 • $39.95 • 50 min.

Pt. 4 Training Methods: Drills with Equipment
In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.
DJKD04 • $39.95 • 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills
In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks.
DJKD05 • $39.95 • 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques
Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge.
DJKD06 • $39.95 • 50 min.

JEET KUNE DO CONCEPTS
FEATURING BURT RICHARDSON

Part 1
Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks.
JKDR1 • $39.95 • 50 min.

Part 2
Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton finishes with some drills to develop your ability to flow from one technique to another.
JKDR2 • $39.95 • 50 min.

Part 3
Burton focuses on the kickboxing mode of JKD. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms.
JKDR3 * $39.95 * 50 min.

JEET KUNE DO CONCEPTS for KIDS
Bullyproof Your Child
FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by her students, some as young as five years of age.
JKDK • $39.95 • 57 min.

JEET KUNE DO WOODEN DUMMY TRAINING
FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again.
JKDWD • $39.95 • 60 min.

KALI/JUN FAN/JEET KUNE DO SECTORING
FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.
GRD01 • $39.95 • 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS
FEATURING STEVE GRODY

Part 1
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping. In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks.
GRD02 • $39.95 • 58 min.

Part 2
In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.
GRD03 • $39.95 • 58 min.

Part 3
In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.
GRD04 • $39.95 • 45 min.

Part 4
In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.
GRD05 • $39.95 • 60 min.

GRAPPLING UNLIMITED SERIES
FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro. He will teach you how to fight from the three key groundfighting positions.

THE GUARD
Egan gives you an introduction to grappling before explaining the guard position. Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves. Egan finishes up with drills that will hone your skills to a high level.
#GLTD01 • $39.95 • 50 min.

THE SIDE POSITION
You'll learn the proper body mechanics to maintain maximum leverage with the least amount of effort. Egan shows you all your options from the side as well as how to escape the side position.
#GLTD02 • $39.95 • 54 min.

THE MOUNT
The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Egan will teach you the best defense possibilities. Egan fininshes the series by putting on the gloves and demonstrating sparring in the grappling range.
#GLTD03 • $39.95 • 50 min.

KAJUKENBO/ WUN HOP KUEN DO
FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques
This beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones!
KAJU • $39.95 • 55 min.

Part 2: Intermediate Theories, Principals and Techniques
This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training.
WHKD2 • $39.95 • 55 min.

Part 3: How to Counter Kicks
Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground!
WHKD3 • $39.95 • 55 min.

Part 4: How To Work Basics On The Inside Range
Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks.
WHKD4 • $39.95 • 55 min.

AMERICAN SHAOLIN KENPO
FEATURING JUNE CASTRO

Part 1: Fundamentals
June Castro has been training in the martial arts all of her life. She is an 8th degree black belt in the art of Shaolin Kenpo Karate under her father and instructor Grandmaster Ralph Castro. You will begin with the fundamentals to develop the necessary strength, speed, and foundation that Shaolin Kenpo is known for. This is the first video available on the direct and effective approach to fighting known as Shaolin Kenpo Karate!
ASK01 • $39.95 • 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
June, an 8th degree black belt in Shaolin Kenpo also studies Jeet Kune Do under Burton Richardson. In this tape, she applies the Jeet Kune Do Concept of research and development to Kenpo's training methods. The emphasis is not a comparison, but an expansion of thought and application.
ASK02 • $39.95 • 46 min.

BEGINNING KARATE
FEATURING JERRY TRIMBLE

Jerry Trimble, World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner.
TRIM1 • $39.95 • 50 min.

BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS
Learn the kick and punch combinations you'll need to be the best! You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills .Great information for both point fighters and kickboxers.
TRIM 2 • $39.95 • 50 min.

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GOSOKU RYU KARATE
Action Kumite & Free Sparring
FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances.
GSK * $39.95 * 40 min.

PANGAI NOON/UECHI RYU KARATE
FEATURING MARK STEWART

PART 1: Understanding Kata
The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crane in the legendary land of Fukien Province, China. In this series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms.
URK01 • $39.95 •45 min

PART 2: Training Drills
In this tape, Mark introduces training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Using the information detailed in part one, Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill, all of which come from the Okinawan iron body drills.
URK02 • $39.95 • 40 min

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THE ART OF KICK BOXING
FEATURING MARK STEWART

Part 1: Ring Smart
Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 40 different flow drills designed to blend your tools into a variety of combinations. The tape concludes with 12 action packed rounds of progressive sparring!
AKB1 • $39.95 • 50 min.

Part 2: Street Wise
This tape concentrates on using kickboxing concepts for street self-defense. Shown are a variety of drills using combinations designed for self-defense rather than ring fighting including throws,, locks and trapping, plus 12 rounds of sparring focusing on street survival techniques.
AKB2 • $39.95 • 50 min.

MUAY THAI BOXING
FEATURING VUT KAMNARK

Vut Kamnark has been training since he was 8 years old and currently teaches and promotes Muay Thai matches and is president of the U.W.M.T.A. (United World Muay Thai Association.)

Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous techniques of Muay Thai. After explaining Wai Kru, a dance of respect between fighters, you'll learn how to completely stretch and strengthen your body the Muay Thai way. Also full explanations are given on the different kinds of training gear and how to use them including: Thai liniment, ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.
MTB01 • $39.95

Volume 2: Basic Footwork, Punches & Elbows
You'll learn the on-guard stance and basic footwork. Next taught is the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

MTB02 • $39.95

Volume 3: Kicks & Knees

Vut starts by teaching the push kick and its variations. Next he moves on to Muay Thai's trademark , The round kick. He breaks down each aspect of the kick so you can learn to harness all of its power. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering crippling knee strikes from all angles concludes this tape.
MTB03 • $39.95

Volume 4: Fighting Techniques
This tape puts it all together. It starts out with shadow boxing, the perfect way to practice all your techniques and warm-up at the same time. You'll learn how to defend against all attacks and develop an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.
MTB04 • $39.95

CHINESE IN-FIGHTING
FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power!
DWONC • $39.95 • 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS
FEATURING DOUGLAS WONG

You'll learn to use minimum movement to obtain maximum results! The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. The various Body Zones are covered for long range strikes and for the grappling range. Also the principles of fighting multiple opponents, defenses against weapons, take-downs and more!
DWONB • $39.95 • 58 min.

HSING-I CHUAN
FEATURING GERALD A. SHARP

FIVE FISTS OF POWER, Part 1
This tape takes you through Hsing-I's basic training of hands and stances; as well as the applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four Variations of Bursting (Crushing) of the Jiang Rong Qiao Hsing-I system. This tape introduces you to the practicality of Hsing-I both as a training tool, and a self defense art. While Hsing-I appears straightforward, you will be introduced to the slight angles, turns, and close range techniques of this rare internal art.

#HSI501 • $39.95 • 60 min.

FIVE FISTS OF POWER, Part 2
Tape Two completes the Five Fists with many useful applications and forms training for the Pounding and Crossing Fists, as well as teaching the applications and forms for Two Linking forms. These two linking forms known as: Transformation of the Five Fists and Single Linking of the Five Fists, are useful for tying together the principles of Splitting, Drilling, Bursting (Crushing), Pounding, and Crossing. By connecting the Five Fists, you will learn why Hsing-I Chuan is known as the penetrating internal martial art.

#HSI502 • $39.95 • 46 min.

POWER TRAINING
Power Training teaches three Hsing-I Standing Meditations (Zhanzhuang): the Infinity Posture, Listening to The Sea, and the Bear Posture for developing energy, power, and health; Hsing-I Push Hands for developing sensitivity, power, and root; and, useful self-defense applications and forms training for a Hsing-I Animals Power form (Hsing-I Hong Chuan). This tape is useful to a variety of martial arts practitioners, as well as internal arts practitioners such as Ta'i Chi Ch'uan and Pa Kua Chang.

#HSIP • $39.95 • 60 min.

12 ANIMALS, Part I
This tape demonstrates all 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator. The 12 Animals build on the principles of the Five Fists and the Linking concepts. Utilizing the behaviors and movements of mythical and wild animals to develop a barrage of useful, practical self-defense techniques.

#HSI1201 • $39.95 • 52 min.

12 ANIMALS, Part 2
This tape completes the 12 Animals with applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear. This tape also provides a Daily Practice Companion to practice the forms, and continues to build on the principles of the Five Fists and the Linking Concepts. Applications which emphasize Hsing-I's strikes are coupled with Hsing-I's close range techniques of grappling and throwing.

#HSI1202 • $39.95 • 60 min.

HUNG GAR KUNG-FU (Tempting the Tiger)
FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations.
HGAR01 • $39.95 • 45 min.

SHAOLIN FIGHTING Theories & Concepts
FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day 'White Lotus' system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body developement and body conditioning. Next Doug teaches soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.
DWONA • $39.95 • 58 min.

SPLASHING HANDS
FEATURING JAMES MCNEIL

Part 1

Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques.
SH1 • $39.95 • 48 min.

Part 2
In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.
SH2 • $39.95 • 48 min.

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TAI MANTIS KUNG FU
FEATURING SCOTT COHEN

Part 1: Hidden Techniques

Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create take-downs, traps, locks and counters from a few basic moves.
TAIM1 • $39.95 • 58 min.

Part 2: No Holds Barred combat

Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students.
TAIM2 • $39.95 • 58 min.

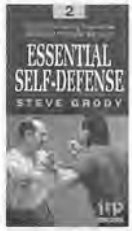
SAVATE BASICS
FEATURING NICOLAS SAIGNAC

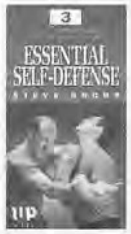
Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.
SAV01 • $39.95 • 53 min.

THE SAVATE WORKOUT
FEATURING NICOLAS SAIGNAC

This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women.
SAV02 • $39.95 • 60 min.

ESSENTIAL SELF-DEFENSE
FEATURING STEVE GRODY





Part 1

At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles, low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries.
GRO1 • $39.95 • 53 min.

Part 2

In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously.
GRO2 • $39.95 • 53 min.

Part 3

In this tape, Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.
GRO4 • $39.95 • 53 min.

Part 4

In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.
GRO5 • $39.95 • 53 min.

KARATE FOR STREET SELF-DEFENSE
FEATURING DAN IVAN

Part 1: Unarmed Attacks

Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations.
KSD01 • $39.95 • 53 min.

Part 2: Weapons

In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons when practicing.
KSD02 • $39.95 • 50 min.

SELF-DEFENSE FOR WOMEN
Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

In accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.
SDW • $39.95 • 59 min.

YOUR BEST DEFENSE
FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes.
SDEFS • $39.95 • 45 min.

KALASAG KUNTAO SILAT
Filipino/Indonesian Martial Arts
FEATURING ROBERTO TORRES

Part 1: Fundamentals

Kuntao, as practiced in Indonesia and the Phillipines, is totally combat oriented. It is a punishing art, characterized by tearing and breaking. Roberto Torres' foundation is based on three systems: Petjut Kilat Silat, Visitacion Kuntao and Wu Kung Kuntao. In this tape You'll learn Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).
KKS01 • $39.95

Part 2: Sayaws (Forms)

All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. From the applications you'll learn to use your footwork, blocks and strikes and the principles to create your own combinations.
KKS02 • $39.95

Part 3: Buno (Grappling)
FEATURING ROBERTO TORRES

After a short review of the basics, you'll learn the principles of balance and manipulating the centerline. Roberto then teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).
KKS03 • $39.95

Part 4: Sandatas (Weapons)
FEATURING ROBERTO TORRES

In part four Roberto teaches the use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.
KKS04 • $39.95

PENCAK SILAT RATU ADIL
Combination Techniques
FEATURING RUDY TERLINDEN

Part 1

Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to positon you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques.
TERL1 • $39.95 • 58 min.

Part 2
FEATURING RUDY TERLINDEN

Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.
TERL2 • $39.95 • 58 min.

TAEKWONDO
FEATURING DANA HEE

The ABC's of Modern Competition Sparring
Eight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in thew competition ring.
TKDS01 • $39.95 • 42 min.

Training Drills for Modern Competition Sparring
With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games.
TKDS02 • $39.95 • 57 min.

Fighting Strategies for Modern Competition Sparring
Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.
TKDS03 • $39.95 • 59 min.

CHEN STYLE TAI CHI
FEATURING JAMES MCNEIL

Part 1
The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move.
MN1CTC • $39.95 • 48 min.

Part 2
In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.
MN2CTC • $39.95 • 48 min.

COMBINED TAIJIQUAN IN 48 FORMS
FEATURING WEN-MEI YU

Pt. 1: Forms 1-19
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.
TC481 • $39.95 • 58 min.

Part 2: Forms 20-48
In this tape, Wen-Mei Yu continues with movements 20-48.
TC482 • $39.95 • 58 min.

WU STYLE TAIJIQUAN IN 89 FORMS
FEATURING WEN-MEI YU

Part 1
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown.
WU01 • $39.95 • 56 min.

Part 2
Part two continues with detailed linstruction on forms 17-55.
WU02 • $39.95 • 59 min.

Part 3
Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form.
WU03 • $39.95 • 45 min.

TRADITIONAL YANG STYLE TAI CHI KNIFE
FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner.
YKN • $39.95 • 53 min.

TRADITIONAL YANG STYLE TAI CHI SWORD
FEATURING WEN-MEI YU

Part 1: Movements 1-35
In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review.
YSW01 • $39.95 • 58 min.

Part 2: Movements 36-53
In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed.
YSW02 • $39.95 • 46 min.

ACROBATIC FIGHTING TECHNIQUES
FEATURING STUART QUAN

Part 1
Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibilty and strength as well. Part one teaches you: Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves.
ACR01 • $39.95 • 50 min.

Part 2
In this tape. Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography.
ACR02 • $39.95 • 50 min.

THE ART OF STRETCHING AND KICKING
FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks; front, side, roundhouse, hook, back, crescent, axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kickin technique. James concludes with stretches designed to obtain maximum flexibilty in an easy to follow routine.
LEW1 • $39.95 • 48 min.

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CREATIVE KICKING COMBINATIONS
FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of marial art.
QUAN 1 • $39.95 • 50 min.

DYNAMIC STRENGTH
FEATURING HARRY WONG

Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles.
DS1 • $39.95 • 58 min.

ENHANCING YOUR SKILLS
FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises.
ESK • $39.95 • 60 min.

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FIGHTING COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo. Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique.
FTC • $39.95 • 53 min.

HARD STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In the world of sport karate, Christine Bannon-Rodrigues is the most versatile female competitor of all time. She has consistently won in all three categories of competition-fighting, forms and weapons. In this tape, Christine puts together kicks, punches and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world.
HSC • $39.95 • 45 min.

THE HIDDEN COMBAT USE OF FORMS
FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min.
GR03 • $39.95 • 50 min.

KICKBOXING FOR WOMEN Essence Of Training For Fitness & Self-Defense
FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative skills developed make this workout an excellent form of self-defense training.
KBW • $39.95 • 53 min.

KICKING TO NEW HEIGHTS
FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn.
QUAN 2 • $39.95 • 50 min.

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE
FEATURING CARRIE WONG

This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts!
MAF • $39.95 • 59 min.

PROTECTERCISE
FEATURING KAREN SHEPERD

Get in top shape while learning practical, effective self-defense moves. Karen Sheperd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectercise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults.
PROT1 • $39.95 • 60 min.

R.O.C.
FEATURING GREGG WOOLDRIDGE

Part 1

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldridge teaches you the foundation of R.O.C.: body positioning and body manipulations.
RS1 • $39.95 • 45 min.

Part 2
FEATURING GREGG WOOLDRIDGE

In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent. R.O.C. is the perfect supplement to add this to your training!
RS2 • $39.95 • 50 min.

SOFT STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition.
SSC • $39.95 • 52 min.

STRETCHING AND KICKING MASTER SERIES
FEATURING JAMES LEW

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable!
LEW2 • $39.95 • 48 min.

WEAPONS FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360¡ jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown.
WPC • $39.95 • 50 min.

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN
FEATURING TAKAYUKI KUBOTA

The official Kubotan" self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more. Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years.
KUKC • $39.95 • 50 min.

The KUBOTAI: Training and Techniques
FEATURING TAK KUBOTA

Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together.
KUTAI • $39.95 • 48 min.

SHAOLIN WEAPONS SERIES:
FEATURING JAMES MCNEIL

THE BUTTERFLY KNIFE

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set.
SWPN01 • $39.95 • 40 min.

THE STAFF

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set.
SWPN02 • $39.95 • 40 min.

WING CHUN GUNG-FU BASICS
FEATURING RANDY WILLIAMS

Pt. 1: Structure and Footwork

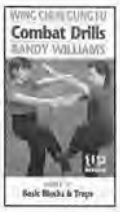
Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series.
WCW01 • $39.95 • 50 min.

Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring!
WCW02 • $39.95 • 50 min.

WING CHUN GUNG-FU COMBAT DRILLS
FEATURING RANDY WILLIAMS

Pt. 1: Basic Blocks and Traps



Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others!
WCW03 • $39.95 • 50 min.

PT. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others!
WCW04 • $39.95 • 50 min.

WING CHUN GUNG-FU
Chee Sau Concepts & Strategy
FEATURING RANDY WILLIAMS

Pt.1: Single Stick & Rolling

This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork; to make these techniques easier to learn and apply!
WCW05 • $39.95 • 50 min.

Pt. 2: Combat Sticky Hands

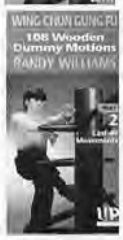
In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack!
WCW06 • $39.95 • 50 min.

WING CHUN GUNG-FU
FEATURING RANDY WILLIAMS

108 Wooden Dummy Motions Pt. 1

Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation.
#WCW07 • $39.95 • 50 min.

108 Wooden Dummy Motions Pt. 2



FEATURING RANDY WILLIAMS
Part two covers the remaining 48 motions based on the Biu Jee thrusting fingers set. Again forms and applications are covered.
WCW08 • $39.95 • 50 min.

WING CHUN GUNG-FU
WOODEN DUMMY TRAINING
FEATURING RANDY WILLIAMS

PART 1: Advanced Wooden Dummy Drills
In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more.
WCW09 • $39.95 • 56 min.

PART 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Biu Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau–Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more.
WCW10 • $39.95 • 56 min.

WING CHUN GUNG-FU CLOSE RANGE COMBAT TECHNIQUES
FEATURING RANDY WILLIAMS

PART 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion.
WCW11 • $39.95 • 47 min.

PART 2: Defense Against Straight Punches and Kicks

In part two, Randy continues to demonstrates fighting techniques against the jab, the 1-2, and a variety of different kicks.
WCW12 • $39.95 • 53 min.

PART 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations.
WCW13 • $39.95 • 35 min.

WING CHUN GUNG-FU TRAINING METHODS
FEATURING RANDY WILLIAMS

PART 1: Advanced Lop Sau Principles

In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more.
WCW14 • $39.95 • 41 min.

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Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more.
WCW15 • $39.95 • 41 min.

Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions.
WCW16 • $39.95 • 60 min.

SIU LEEM TAU:
Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1

The first form is Siu Leem Tau or The Little Idea. A demonstration of the complete Siu Leem Tau Form and a detailed breakdown of part one motions and principles including: Basic Stance • Basic Punching Principles • Concept of Facing • Grabbing • Simultaneous, Indepen-dent Motion of the Hands • Chi Development • Rooting/Sinking • Hooking Traps • Basic Blocking Structure • The Cutting Angle of Wing Chun Blocks • Leen Siu Dai Da–Economy of Motion • Running Hand and More
WCW17 • $39.95

Part 2

Part 2 continues with detailed explanations of part two and three motions and principles of the Siu Leem Tau Form including: Whirlpool Energy • Striking Principles • Trapping Principles • Multi-Directional Movement • Punching Variations • Yut Fook Yee • One Hand Traps Two • Invisible Centerline Attack Principle • Basic Concept of Reference • Long Bridge Motions • Knee and Elbow Strikes • Borrowing Power • Palm Striking Variations • Neck Trapping • The Stupid Trap
WCW18 • $39.95

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SIU LEEM TAU: Combat Techniques
FEATURING RANDY WILLIAMS

Part 1
Siu Leem Tau applications in Combat Sticky Hands engagements which include: Sup Jee Sau • Chop Kuen • Loy Fon Chop Kuen • Ngoy Kwun Sau • Loy Kwun Sau • Loy Fon Kuen • Inclusion • Chau Kuen Siu Kuen • Tan Da • Huen Da • Woo Sau • Running Hand • Woo Sau Clamping Trap • Fook Sau • Pock Sau • Pock Da • Loy Pock Sau • Jing Jyeung • Gum Jyeung • Shoulder Butts & Blocks • Gum Sau • Gum Da.
WCW19 • $39.95•

Part 2
Combat Sticky Hands engagements highlighting more Siu Leem Tau principles and techniques in application including: Lon Da • Lop/Fun Sau • Jom Sau • Chuo Kuen • Yut Fook Yee • Jut Sau • Biu Sau • Syeung Kuen • Hahng Sau • Ding Sau • Tai Kuen • Hay Jahng • Tai Sut • Kau Sau • Ngoy Jut Sau • Chahng Jyeung • Pon Geng Sau • The Stupid Trap • Gahng Sau • Gahng Da • Tan Sau Wrap • Clamping Trap • Circling Cut • Chahng Dai Jygung • Boang Sau • Sinking Tan Sau • Pau Sau • Tuet Sau
WCW20 • $39.95

CHUM KIU: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
Volume 1 starts with the complete Chum Kiu Form then continues with a detailed explanation of its individual motions and principles including: Body Unity • Concept of Reference • Yin/Yang Motion • Inclusion/Exclusion • Use of Centrifugal/Centripetal Force • Relaxed Power • Leg Checking • Elbow Attack • Stance Pivoting Range and Limits • Joint Locks/Strikes • Mixing Principles • Waist Trapping • Boang Sau Defense • Roots of Lop Sau and more.
WCW21 • $39.95

Part 2
Explanations of Chum Kiu principles including: Outward Diagonal Punch • Excluding from Underneath • Combination Footwork • Various Facing Relationships • Combat Usage of Fook Sau • Whip Power • Hand Strikes on the Ground • Combing Circular and Straight Motion • Combining Bent and Straight Motion • Kicking Principles • Leg Blocking • Hock Throw • Plant/Trap/Hit Principle • Use of Momentum • Change of Reference vs. One or More Opponents and more.
WCW22 • $39.95

Part 3
Explanations of Chum Kiu principles plus aslow-motion look at the Chum Kiu Form. Finally Randy teaches Combat Lop Sau which teaches you how to break into free-form combat from the Lop Sau cycle. Chum Kiu principles covered in this tape include: Sidekick • Stop Kicking vs. Punching and Kicking • Kick Sequence for Training • Ducking • Offset Timing • Defense vs. Hooks/Backfists and more.
WCW23 • $39.95

CHUM KIU: Combat Techniques
FEATURING RANDY WILLIAMS

This tape demonstrates Combat Sticky Hand engagements highlighting Chum Kiu principles in application including: Choh Ma Cheh Kuen • Jeen Kuen • Pai Jahng • Soang Jahng • Chum Jahng • Jeep Sau • Waist Trap • Lon Sau • Boang Sau Neckbreak • Ngoy Doy Gock Kuen • Exclusion • Jing Ma • Jing Gyeuk • Ngoy Tiu Gyeuk • Leakage Attacks • Chum Kiu • Chau Kuen • Pon Geng Sau • Lop Fook Sau • Wahng Gyeuk • Loy Tiu Gyeuk • Loy Doy Gock Gyeuk and more.
WCW24 • $39.95

BIU JEE: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
The third hand form is Biu Jee or Shooting Fingers. Volume 1 starts with the complete Biu Jee form. Next is a detailed breakdown of part one motions and principles including: Combining the Forms • Advanced Biu Jee Pivoting • Spring Fingers Strike • Wrist Snapping Power • Four-Way Wrist Whipping • Horizontal Forearm Strikes • Grabbing Techniques • Crawling Trap • Butting Elbow Strike • Nosecone Defenses • Rolling Strikes on the Ground • Complex Timing • and more.
WCW25 • $39.95

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up VIDEO

Part 2
Volume 2 continues with explanations of Biu Jee principles including: Lowline Exclusion • Springy Power • Fock Sau Blocking and Attacking • Defense vs. Rear Attack • Close Range Usage of Long Bridge Motions • Adding Yang Power to Yin Motions • Defeat of the Yin/Yang Structure • Mixing Whirlpool and Straightline Energy • Gwot Sau Scooping • Chambering at Extremely Close Range • Finger Strikes to the Eyes and Throat •Multi Attack • Groundfighting and more.
WCW26 • $39.95

Part 3
Volume 3 continues with explanations of Biu Jee principles plus another look at the complete form in slow motion. Biu Jee principles in this video include: Inward Diagonal Punch • Finding the Root of all Punches in Wing Chun Blocks • Determining the Centerline • Blending Punch Principles • Abbreviated Pivoting Stance • Forward/Backward Headbutting • The Wing Chun Bob & Weave • Locking/Stopkicking from a position of extreme disadvantage • Kick Facing • Correlation of Wing Chun Leg Blocks to Hand Blocks and more
WCW27 • $39.95

BIU JEE: Combat Techniques
FEATURING RANDY WILLIAMS

Volume 4 demonstrates Combat Sticky Hand engagements highlighting Biu jee principles including: Tahng Jee • Forearm Strikes • Reverse Neck Trap • Grabs • One Finger Trap • Gwai Jahng • Nosecone Defense • Butting Elbow • Motion Intercepting Stance • Inward/Outward Sweeps • Complex Blocks • Outside Whip Punch • Lowline Exclusion • Piercing Toe Kick and more.
WCW28 • $39.95

WUSHU TRAINING SERIES:
FEATURING KENNY PEREZ

STRETCHING and WARMUP
Kenny teaches you the stretching methods that allow the Wushu competitor to accomplish the great range of flexibility neccessary to perform their dynamic routines.
WUSH01 • $39.95 • 50min.

Pt. 1: CHANG CHUAN: LONG FIST BOXING: Basics
This is an introduction into the basic strikes, kicks and stances that serve as the foundation of this northern style of kung-fu.
WUSH02 • $39.95 • 50 min.

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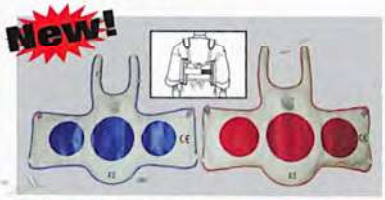

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